THE SNOEZEL ROOM

The Snoezelen room – Dutch word for explore and relax, is a specially designed learning space that provides a multi-sensory environment which offers a place for students to seek leisure in an unstructured and undemanding way. The Snoezelen room provides a range of activities and experiences that stimulate the primary senses: sight, hearing, touch, smell and taste—allowing for exploration, self direction and fun. Our Snoezelen Room is tailored to meet the specific needs of students with special needs according to their age and ability. Students can control their experiences and gain a sense of control and mastery. The Snoezelen room provides an environment of pleasurable sensory experience in an atmosphere that promotes trust while supporting relaxation and calm.

THE BENEFITS OF SNOEZELEN

The Snoezelen concept is based on the idea that everyone has a right to quality leisure activities. For students who have special needs this is often difficult to achieve.

Research has shown that Snoezelen:
- Stimulates the senses
- Increases functionality, awareness and attention
- Improves appetite, memory, cognition and speech
- Increases happiness and reduces a sense of isolation
- Encourages movement, range of motion, posture
- Improves relationships
- Decreases aggression, abuse, anxiety, wandering

At a glance – The purpose of a Snoezelen Room is to give:
- Children with disabilities and/or special needs access to traditional forms of recreation and leisure activities.
- Children the right to quality recreation and leisure experiences with unconditional outcomes and no previously determined goals.
- Children the right to exercise choice and control of activities in the Snoezelen environment with minimum guidance.
- Children sensory experiences. A Snoezelen environment is designed to provide sensory integration, relaxation, and interactive learning.
- Children the right to experience relaxation in a safe, secure environment.
- Children with disabilities and/or special needs the right to share recreational/leisure experiences with family and friends.