

PG TIPS: SENSORY REFRESH AND ACCESSIBLE SPACES



What is Sensory Refresh?

Sensory Refresh is an event designed for students to explore their Sensory Profiles.

By exploring the senses, you can discover what helps you focus or relax throughout your studies

Find out more about Sensory Refresh here:



Exploring your ideal study space:

- Location
- Collaborative or independent
- Seating
- Headphones or external noise
- Fidget toys/ Sensory objects
- Lighting
- Computer station or laptop
- Natural or artificial smells

Library Sessions:

Week 4:

Sensory Crafts
Wed 31st Jan, 3pm-5pm
Training Room

Week 7:

Sensory Refresh
Wed 21st Feb, 2pm-4pm
Rootes Learning Grid

