Indoor Sensory Path Planning Guide

8 Steps to a Successful School Experience

Thoughtful planning helps schools create engaging, inclusive indoor sensory paths that support movement, self-regulation, and active learning.



1 Define Your Goals

Clarify whether your focus is movement, regulation, motor skills, transitions, or inclusion.

2 Know Your Users

Consider age groups, student needs, and how staff will use the path.

3 Choose the Right Location

Measure the space and consider safety, traffic, supervision, and surface conditions.

4 Select Purposeful Activities

Include movement types such as jumping, proprioceptive, vestibular, crossing-midline, and mindful activities.

5 Design a Layout That Flows

Organize the path into intentional zones: get moving, move with control, and reset and return.

6 Plan for Inclusion

Offer multiple ways to participate and support different abilities and sensory needs.

7 Prepare for Installation

Use quality decals, review instructions, prepare surfaces, and plan timing carefully.

8 Make It Part of the School Day

Establish routines, supervision, and ongoing maintenance so the path gets used.

Activity Ideas

Jumping & Stepping • Proprioceptive • Vestibular • Crossing Midline • Mindful Movement • Learning through Movement

Read the full blog for detailed planning tips, FAQs, and sensory path guidance.

https://tr.ee/sSE8z5

Explore Our Sensory Path Super Stickers®

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