

SAND Sensory & Environment Reflection

Understanding how your working environment affects you

Learning environments are designed around students – but staff experience them too. Noise, lighting, pace, and unpredictability affect everyone. Rather than offering prescriptive solutions, this sheet provides a reflective space for understanding how your environment impacts you, and what adjustments might help.

SAND does not prioritise adult wellbeing over the child – it recognises that adult wellbeing is the mechanism through which effective support for the child is delivered.

Name (optional):	Date:	Role:	Main setting:

Section 1 – Your Sensory Experience

Which parts of your working environment do you find most challenging?

Think about noise levels, lighting, temperature, movement around you, smells, visual clutter, pace of the day.

Tick anything that affects you:

- | | |
|--|---|
| <input type="checkbox"/> Noise levels (classroom, corridors, playground) | <input type="checkbox"/> Unpredictable schedule changes |
| <input type="checkbox"/> Fluorescent or bright lighting | <input type="checkbox"/> No quiet space available |
| <input type="checkbox"/> Constant movement around me | <input type="checkbox"/> Constant interruptions |
| <input type="checkbox"/> Strong smells (cleaning products, food) | <input type="checkbox"/> Temperature (too hot / too cold) |
| <input type="checkbox"/> Visual clutter or busy displays | <input type="checkbox"/> Pace of transitions between activities |

Section 2 – Impact on Your Day

How do these sensory experiences affect your energy, mood, or ability to respond?

Be honest – this isn't about weakness. It's about understanding what your body and mind are processing.

When during the day do you notice the most impact?

Morning? After lunch? End of day? During transitions? During specific lessons or activities?

Section 3 – What Helps?

What do you already do to manage sensory or environmental demands?

Even small things count – ear defenders, taking a walk, stepping out briefly, adjusting lighting.

What would help that you don't currently have access to?

Think about environmental changes, scheduling adjustments, access to quiet spaces, flexibility in how you work.

Section 4 – Creating a Better Fit

If you could design your ideal working environment, what would be different?

This isn't about being unrealistic – it's about knowing what works for you so you can advocate for what's possible.

Is there one small change that could make a meaningful difference this term?

Understanding your own environment is not a luxury. *It is part of being able to respond reflectively within it.*

Behaviour is communication. *When we look and listen, we begin to understand the voice behind it.*