

SCOUT



ME IN

Supporting Scouts with Special Needs & Disabilities: Tranquility Base

A message from Nurse Butterworth:

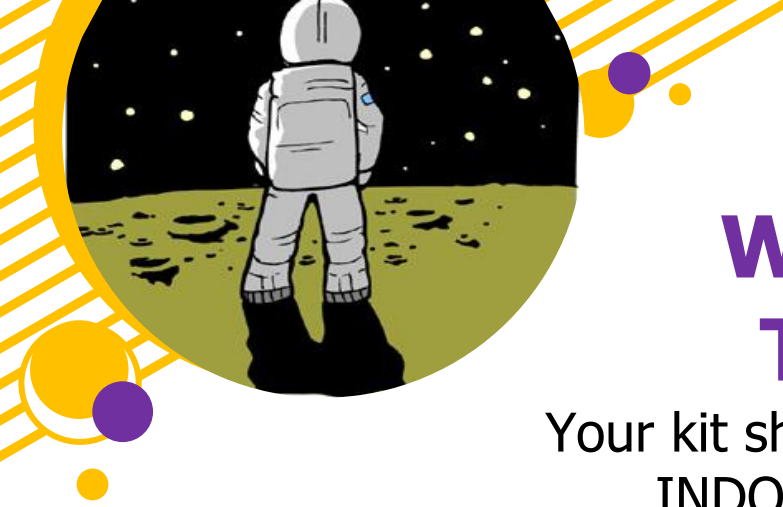
First, THANK YOU for all you do for SN&D Scouts! Your efforts are greatly appreciated. As a camp nurse, I have witnessed a shift in needs. We are finding the Health Room full, not of injuries, but of Scouts facing **overstimulation**. The goal of **Tranquility Base** is to serve as a buffer zone for Scouts. A place to retreat for a few moments and then rejoin their fellow Scouts. **Prevention** is key, we want to avoid the dreaded **meltdown**. I hope you utilize all the tools and tips provided to enhance your program and support your camp medical officer.

Britt Flather, RN

What is a Sensory-Friendly Space?

- ✚ Individuals on the autism spectrum sometimes process sensory information in a manner unlike neurotypical peers. This can mean they take in more information at once and can become overwhelmed, especially in public settings.
- ✚ The purpose of Tranquility Base is to provide a relaxed atmosphere where Scouts are surrounded by pleasant sensations (unique tactile experiences, relaxing aromas, interesting light effects).





What to include in Tranquility Base?

Your kit should include items for both an INDOOR Space & OUTDOOR Space.

Sight

Have a space with serenity in mind, that doesn't expose attendees to sudden changes in light. Lights should be dimmed and window's covered.

Salt Lamp



Hearing

The space should be protected from loud and sudden noises. The general volume never gets too high or low. Calm music or white noise, like rain or ocean waves are often Scout approved!

Ear Plugs



Speaker



Outdoor

A shaded area, with a tent, sunshade or umbrella set up within line of vision.



Touch

Sensory objects and toys are often designed to stimulate sense of touch, and provide a way to keep hands busy.

Playdough



Stress Ball



Coloring Books



Smell

The space is not heavily scented. An essential oil diffuser with a few drops off Lavender can help make a room feel calm and soothing.

Oil Diffuser



Be sure to follow all YPT policies and procedures.



*PLEASE ensure all materials are properly cleaned after each use.
We understand accidents happen, please be sure to immediately report
any problems with your kit.*