

Become a Sensory-Friendly Church



Over-Responsive

Too much sensory input:
avoider, hypersensitive, overload,
overwhelmed, meltdown, shutdown

- Use: natural & warm light
dimmer switches
lamps
- Avoid: fluorescent light
strobe lights
flickering light
visual clutter
- Helpful: hats
hoodie
sunglasses
- Minimize: decorations
floor designs
wall posters
bright colors
- Keep a clean & organized
environment
- May look away from the
speaker when listening

Under-Responsive

Need sensory input:
seeker, delayed or dulled responses,
oblivious, underwhelmed, tuned out

- Use: focused light
spot light
laser pointer
pulpit light
stage light
highlighted text
- Use novelty to increase
focus, such as changing
fonts, colors, or locations
of signs & text
- Movement can be used
as a visual cue, such as
a demonstration
- Dim congregational
lighting and use
stage lighting to
direct visual
attention

