



## QUIZ

### Meeting Neurodiverse Children Wherever They Are with Mobile Sensory Havens

[www.planningforautism.com](http://www.planningforautism.com)

1. How can a sensory haven be most helpful for autistic individuals?
  - a. It can teach them about the 5 senses
  - b. They can stay in the calm sensory haven to avoid the stress of participating in the community event
  - c. They can receive therapy in the sensory haven
  - d. Provide opportunities for them to continue enjoying what they are doing in the community by offering them an opportunity to calm down
2. How long should someone stay in a sensory haven when attending a community event?
  - a. 10-20 minutes
  - b. 5-10 minutes
  - c. As long as they want to
  - d. At least 30 minutes
3. These are all words or phrases to describe a sensory haven except
  - a. Energizing
  - b. Relaxing
  - c. Quiet
  - d. Increasing positive behavior
4. Which two senses should typically be avoided when making a sensory haven?
  - a. Touch and smell
  - b. Smell and taste
  - c. Taste and proprioceptive
  - d. Smell and vestibular
5. What is one way to stimulate the vestibular system?
  - a. Providing different textures to feel
  - b. Scent diffuser
  - c. A swing
  - d. Weighted blanket
6. In what way might an occupational therapy practitioner be helpful when thinking about sensory havens?
  - a. They can offer their support to staff/volunteers at an event and share knowledge on sensory havens
  - b. They tell children what to do when they are in the sensory haven
  - c. They can give treatment inside the sensory havens
  - d. They can monitor the sensory havens

7. What is one way to make a sensory space customizable by the user?
  - a. It is not practical to make sensory spaces customizable
  - b. A remote to change the color of the lights inside
  - c. Make children bring their own chairs and lights to go inside
  
8. Which of these is not true about a good sensory haven?
  - a. A system that doesn't take long to set up
  - b. The more items inside, the better
  - c. Use something that is easy to transport
  - d. Should have customizable features
  
9. What is one way to stimulate the visual system?
  - a. Play calming music
  - b. Have kids sit in rocker chairs
  - c. String colored lights on the ceiling
  - d. Provide fidgets
  
10. Examples of sensory haven structures can include
  - a. Ice fishing house
  - b. Cardboard box
  - c. Camping tent
  - d. All of the above

**Answer Key**

1. d
2. b
3. a
4. b
5. c
6. a
7. b
8. b
9. c
10. d