

# SPRING REFRESH

## SENSORY-FRIENDLY HOME SETUP CHECKLIST

@LUKOLIGHTHOUSE



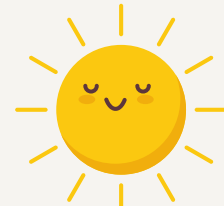
### DECLUTTER

Create open spaces  
with streamlined  
play areas



### TEXTURES

Introduce natural  
materials and  
soft surfaces



### LIGHTING

Use soft, warm  
lights or adjustable  
options



### QUIET SPACES

Create cozy areas  
with books and  
soft pillows



### CALM COLORS

Incorporate soft  
pastels, greens  
and earth tones



### NATURE

Bring in plants or  
nature inspired  
decor



### AROMAS

Utilize subtle scents  
like chamomile and  
lavender



### SOUND

Play calming nature  
sounds



### SAFETY

Secure furniture  
and minimize  
hazards