

What is a Sensory Tent?

A sensory tent is a quiet and calm place where individuals can come to filter out as much of the unwanted sensory input as possible and focus on the sensory input that helps them feel better. Our sensory tent will be deployed at certain Arlington County events.



Public places can be overwhelming due to large amounts of sensory input such as noise, crowds, smells, and lights. When our senses are overwhelmed by too much input, we can feel uncomfortable and out of control of our bodies.

