

ReConnect

by Easterseals



SoFi Stadium

Access, Expectations, and Safety

If you are supporting someone you care about, you play an important role. These ideas can help the sensory space feel supportive, not stressful.

- Sensory spaces welcome guests of all ages
- Children and youth should be accompanied by an adult
- Typical visits are about 10–15 minutes
- Food and drink can be safely stored with guest services outside of the sensory space

Explore the research, resources, and design behind Easterseals Sensory Spaces and sensory regulation.



Scan to Learn More

socal.easterseals.com



A supportive, sensory-inclusive space to calm, reconnect, or re-energize.

Easterseals Sensory Spaces offer visitors a supportive place to temporarily step away from sound, lights, crowds, and other sensory input so they can reset and rejoin when they're ready.

Easterseals Sensory Spaces are located in SoFi Stadium, Level 3, Northeast and Southwest. See nearest Guest Services Center at SoFi Stadium for more information.

socal.easterseals.com



Easterseals Sensory Space(s) Visitor Guide

You don't need any special training. These four steps can help you get started:

1. **Pause:** Notice how your body feels. Are you overwhelmed, tense, tired, foggy, or "on edge"?
2. **Choose:** Look around the room and select one or two items that feel inviting, such as a weighted lap pad, squeeze seat, fidget, donut ball, or bubble tube.
3. **Personalize the space:** You can choose from curated sound and lighting of pre-set options, or customize your own environment
 - **"Chill"** – Activates the bubble tube, warm ceiling lighting (dimmed), and rain sounds
 - **"Go"** – Activates the bubble tube, warm ceiling lighting, and ocean wave sounds
 - **Customize** lighting and sound, specific commands can be used*
4. **Rejoin your event when ready**
 - You may return to the Easterseals Sensory Space as often as needed while it's open.

*See guest services staff for more information

Tools You Might See in an Easterseals Sensory Space

- Weighted Lap Pad
- Donut Ball
- Therapy Rocker
- Bubble Tube
- Squeeze Seat
- Various Fidget Toys (Pop-it ball, Sensory tubes, etc.)
- Fidget Wall
- Aromatabs™
- Lighting and Sound

