## What are some ways to make Mass more sensory-friendly?

A Sensory-Friendly Mass requires three main criteria: a welcoming, stigma-free environment; an informed community; and a few special accommodations to help reduce instances of overstimulation.

**Music**

* Softer
* No sudden increases in volume
* Slower tempo
* Fewer verses
* More consistent with Mass settings

**Short Homilies**

* Practical
* Tangible
* Literal

**Accessible Visual Aids**

* See resources in our Mass Toolkit

**No Incense**

**Dimmed Lights**

**Calming/Quiet area for respite**

**Access to Low Gluten Hosts**

**Smaller Host Portions**

**An invitation for those with disabilities to bring necessary resources when attending**

* Wiggle Seats
* Fidgets
* Comforting Toys
* Noise Cancelling Headphones
* Sun Glasses

**A prepared community who is ready to receive those with special needs without judgement**