

GoMoSo Training Guide



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Introducing Healthcare 21 Sensory Solutions

At Healthcare 21 Sensory Solutions, we understand the value of optimised sensory experiences. That's why our spaces are designed to encourage safe exploration, enhance sensory stimulation and create a calming, immersive environment helping to prevent sensory overload and promote relaxation.

The GoMoSo is an inclusive, mobile sensory unit designed for therapeutic and educational use, particularly for individuals with neurodivergence and additional needs.

This unit transforms any space into a sensory environment, engaging multiple senses - sight, touch and sound to help users relax, focus or develop sensory regulation skills.

The unit is highly portable, allowing it to be easily moved from room to room, making it ideal for schools, home, hospitals, therapy centres, sports centres and youth services.



Why use GoMoSo?

Encourages Emotional Regulation

There are two options to choose from: Bubble tube or Light tube

The bubble tube's gentle lights and slow-moving bubbles help calm the nervous system. This reduces stress and anxiety, supporting smoother transitions and easier bedtime routines.

The light tube offers soothing visual effects through softly changing colours, often paired with gentle sound or vibration. This combination provides calming sensory input that can help regulate emotions, improve focus, and promote relaxation. The predictable light patterns support self-soothing, making it especially helpful during moments of overstimulation or emotional dysregulation.

Offers Predictable Soothing Sensory Input

For children predictable visual patterns improve. The consistent bubble flow provides grounding input that settles the body and mind.

Builds Self-Regulation and Independence

Over time, children learn to use their sensory corner independently when they need a break.

This builds:



- Self-awareness
- Emotional resilience
- Independence in managing strong feelings
- Supports Sensory Integration
- The bubble tube provides gentle visual and auditory input that helps the brain organise sensations more effectively.

This supports:



- Better body awareness
- Improved tolerance of environments
- More regulated responses to sensory challenges
- Strengthens Co-Regulation
- Sitting together beside the bubble tube helps both child and parent regulate through shared calm.



This provides:

- Connection
- Trust
- Recovery after tough moments
- A peaceful place for emotional repair.
- Promotes Attention, Focus & Settling
- Children often find it easier to refocus after spending time near the bubble tube.



Designed for:

- After-school decompression
- Resetting between tasks
- Preparing for learning or therapy activities



Aids Routine & Sleep

Used consistently, the GoMoSo can become a powerful part of bedtime wind-down.

The calming lights help lower arousal levels, supporting faster settling, reduced bedtime resistance and a smoother transition to sleep.

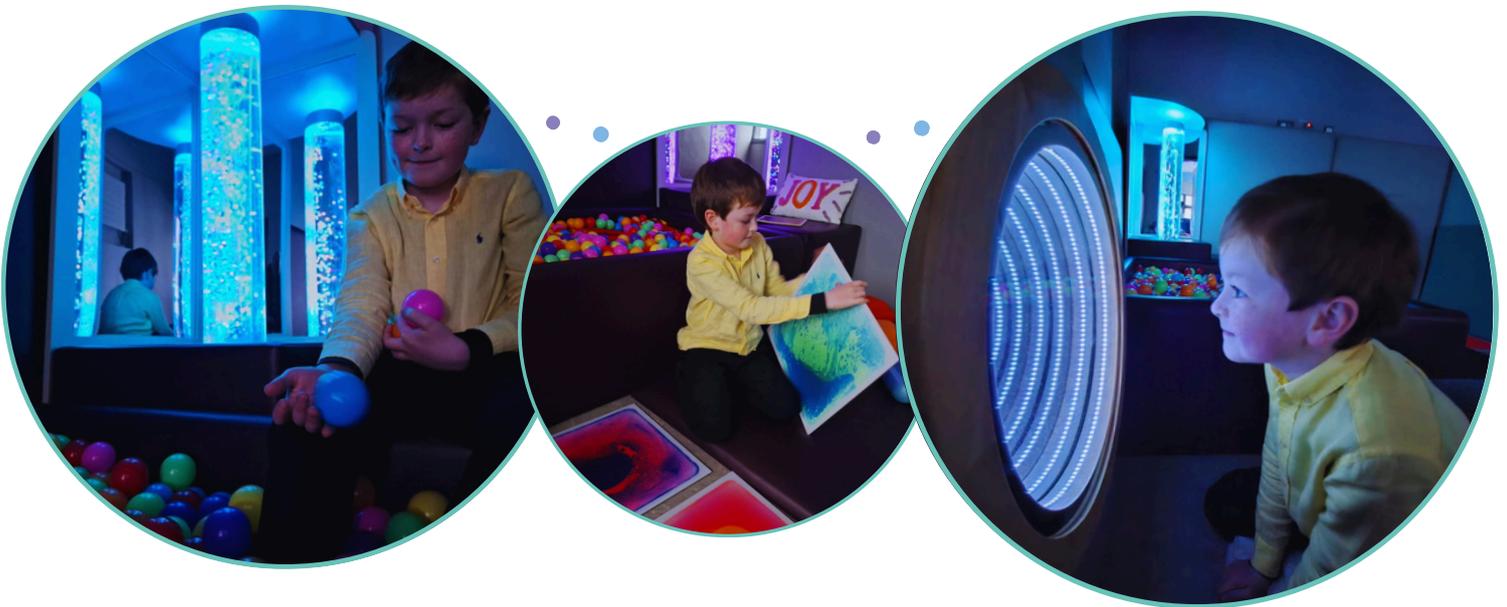
Therapeutic Benefits

The GoMoSo unit with the features described offers a versatile and highly effective therapeutic environment, particularly for individuals with sensory processing conditions that may include autism, ADHD, anxiety and other conditions that benefit from sensory regulation. An expanded look at the therapeutic benefits of the unit are outlined below:

Safe and Enclosed Environment

Therapeutic Benefit: The soft padded sturdy walls provide a secure contained space that helps users feel safe and protected. This sense of security is crucial for individuals who may be easily overwhelmed by external stimuli, as it reduces anxiety and allows them to focus on therapeutic activities before returning to classrooms.

Applications: This feature is particularly beneficial for individuals who experience sensory overload, providing a controlled environment where they can relax and engage in therapy or education without external distractions.



Projector

Therapeutic Benefit: The projector can display calming images, dynamic light patterns or nature scenes, which help to soothe the mind and body. Visual stimuli from the projector can also be used for focus training, visual tracking exercises or to create a specific ambiance in the room.

Applications: In relaxation therapy, the projector can display slow moving soft images to calm dysregulated students. For people with visual impairments or those needing visual stimulation, the changing patterns and colours can engage their visual senses.

Interactive LED Light Panel

Therapeutic Benefit: The LED light panel provides visual stimulation through changing colours and patterns, which can be both calming and engaging. Interactive elements encourage users to manipulate the lights, promoting hand eye coordination and offering an opportunity to practice cause and effect reasoning.

Applications:

This feature is useful in sensory integration, where individuals with sensory processing conditions can practice adapting to visual stimuli. It can also be used to help individuals focus their attention and develop cognitive skills through light pattern recognition games.



Additional Benefits



Customised Sensory Experiences

Create personalised therapy environments for each user.



Multisensory Engagement

Simultaneously engage sight, touch and sound for comprehensive sensory integration.



Portable And Versatile

The unit can be used in various locations, providing continuity of care.



Promotes Relaxation and Focus

Visual, tactile and auditory stimuli promote an environment conducive to therapy and learning.



Inclusivity And Accessibility

Designed for users with diverse needs, including wheelchair accessibility.



Health Promotion

Reduces stress and promotes mental wellbeing through gentle stimulation.

Where to place GoMoSo?

A calming sensory space anywhere your child needs it

One of the biggest advantages of the GoMoSo Sensory Bubble Tube Unit is how flexible and adaptable it is. Families can place it in the spaces where regulation and calm are needed most.

Bedrooms

Create a peaceful wind-down zone for sleep routines.
Perfect for settling after a busy day or supporting nighttime anxiety.

Playrooms

Add a therapeutic element to fun, active spaces.
Helps children pause, reset, and regulate between play activities.

Living Rooms

Integrates beautifully into family spaces without looking clinical.
Encourages calm moments during daily routines.

Sensory Corners / Calm Corners

Ideal for children who benefit from a dedicated emotional regulation space.
Supports self-regulation, co-regulation, and predictable calming routines.

Therapy, Homework, or Reading Nooks

Helps improve attention and focus, making transitions into learning easier.

Shared Family Spaces

The soft lighting and gentle movement make it a soothing environment for siblings and parents too.



GoMoSo Setup & Operation

1. Easily wheel GoMoso into location.
2. Choose a corner in the space for set up and open coloured straps.
3. Lay out the materials and secure as indicated in this imagery.



Activity Ideas

These are examples of activities that can be done using the GoMoSo unit. These are designed to engage the senses and provide therapeutic benefits for individuals with neurodivergence, sensory processing conditions or other special needs.

Calming Visual Exploration

Activity: Use the LED infinity light panel and projector to display slow moving images such as ocean waves, clouds, or relaxing abstract patterns.

Objective: Promote relaxation and reduce sensory overload.

How to Use: Dim the lights and let the users focus on the changing colours and patterns, guiding them to take deep breaths and focus on the calming visuals.

Therapeutic Benefit: Reduces anxiety and helps the user self regulate in overstimulating environments.



Cause and Effect Learning

Activity: Allow users to interact with the interactive Bluetooth colour cube and the LED light panel, manipulating the lights and colours to create specific effects.

Objective: Teach users about cause and effect relationships.

How to Use: Guide the user in touching or moving the colour cube to see how their actions change the colours and patterns on the light panel.

Therapeutic Benefit: Encourages cognitive development, hand eye coordination, and decision making skills.



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Interactive Storytelling with Projected Scenes

Activity: Use the projector to create interactive storytelling sessions where users can choose or influence how the story progresses.

Objective: Enhance cognitive and imaginative skills while practicing decision making.

How to Use: Project different scenes or scenarios and allow users to choose how the story should evolve. For example, ask them to select which character goes on the next adventure or what colour the sky will be.

Therapeutic Benefit: Promotes imaginative thinking, decision making, and cognitive flexibility, particularly helpful for users with autism or developmental delays.



Activity Ideas

Sensory Storytime

Activity: Read a story while incorporating sensory elements like the projector to display related images and the light tube for dynamic lighting.

Objective: Enhance engagement during storytelling through multisensory input.

How to Use: Select a story with strong visual elements. As the story progresses, change the projector images and light patterns to reflect what's happening in the narrative.

Therapeutic Benefit: Improves attention span, listening skills, and enhances cognitive processing by engaging multiple senses during a familiar activity.



Colour Recognition Game

Activity: Use the Bluetooth colour cube to create games where users identify or match colours.

Objective: Develop colour recognition and cognitive skills.

How to Use: Ask users to identify the colour of the cube as it changes, or have them match it with the colours displayed on the LED light panel.

Therapeutic Benefit: Enhances cognitive processing and memory, useful for users working on language and identification skills.



Activity Ideas

Sensory Meditation

Activity: Create a peaceful sensory meditation session using soft lights, calming sounds, and tactile stimuli.

Objective: Help users practice mindfulness and deep relaxation.

How to Use: Set up the GoMoSo with dim lighting, soothing sounds, and encourage users to sit or lie on the soft floor mats. Guide them through breathing exercises while they engage with the tactile materials like the fiber optic strands.

Therapeutic Benefit: Encourages relaxation, reduces stress, and helps users develop mindfulness skills.



Tips

These activities demonstrate the GoMoSo's versatility and effectiveness in creating an engaging, multisensory therapeutic experience. It can be tailored to individual needs, providing opportunities for both structured therapy and open ended sensory play.

Case Studies - Examples of Use

Example 1: Therapy Center Group Sessions

A therapy center used the GoMoSo for group therapy aimed at improving social skills among children with autism. By creating a calming environment with dim lights and tactile fiber optic strands, therapists helped the children feel comfortable and engage in structured social activities.

Example 2: Quiet Room in Schools

A primary school installed the GoMoSo in their quiet room to provide a safe, calming space for students who experience sensory overload. When students feel overwhelmed, they spend time in the GoMoSo, using the colour cube and fiber optic lights to regain focus before returning to class.

Example 3: Dementia Care in a Nursing Home

A care home for elderly individuals used the GoMoSo for residents with dementia. By projecting soft, calming images and using weighted lap pads, staff helped reduce agitation and provided a serene environment for relaxation and mental wellbeing.

Safety & Accessibility Guidelines

Safety is a priority when using the GoMoSo. Here are essential guidelines to ensure safe operation and accessibility for all users:

Electrical Safety

Ensure that the unit is connected to a stable power source. Regularly check all cables and connections for signs of wear or damage. Always use the provided power adaptors.

Fall Prevention

Make sure that the sensory tools, especially fiber optic strands and cables, are laid out in a manner that does not create trip hazards. Keep the area around the GoMoSo free from clutter to prevent falls.

Accessibility Features

The GoMoSo can be adjusted for wheelchair users by removing floor mats and lowering the interactive light tubes and fiber optic strands. Ensure the space is large enough for easy wheelchair access.

Educational Resources

The GoMoSo can be incorporated into educational activities to enhance learning through sensory engagement. Here are a few suggestions:

Interactive Apps

The Tuya App can be paired with other educational apps that focus on mindfulness, relaxation, or sensorybased learning. For example, apps that promote visual recognition, auditory sequencing, or calming meditation can be used alongside the sensory features of the GoMoSo.

Lesson Plans

Offer simple lesson plans for educators to integrate sensory play into academic activities. For example, use the Bluetooth colour Cube for colour recognition games, or the LED light panel for counting and pattern recognition.

Downloadable Content

Access downloadable projector visuals, including calming nature scenes or educational themes like planets, animals, and abstract patterns. These visuals can help support storytelling, science lessons, or relaxation sessions.

User Feedback Forms

Feedback is crucial for improving user experience and ensuring that the GoMoSo meets the needs of its users. We provide user feedback forms for both individual users and organisations.

User Forms

Individual users can provide feedback on their sensory experiences, including their favourite features and any suggestions for improvement.

Organisational Feedback

Schools, therapy centers, and care homes can submit feedback on how the GoMoSo has enhanced their programs and any challenges they faced in implementation.

Follow Up

Regular feedback ensures that we continue to improve and offer solutions that meet the evolving needs of our users.

Training & Certification Options

For organisations, schools, or therapy centers, we offer training and certification programs to ensure proper use of the GoMoSo.

Online Training

Access instructional videos and user guides throughout our website, covering the setup, customisation, and advanced features of the GoMoSo.

Certification Programs

Staff members can become certified in sensory therapy and learn how to maximise the benefits of the GoMoSo for users with specific needs. Certification is offered through both online courses and inperson workshops.

Workshops

We offer both inperson and virtual workshops, providing hands-on guidance on how to integrate the GoMoSo into various therapeutic and educational settings.

Maintenance Checklist

To keep your GoMoSo in optimal working condition, follow these maintenance guidelines:

Weekly Maintenance

- Wipe down all surfaces, cushions, and soft materials with a gentle cleaning solution.
- Check that all electrical components, such as the LED light panel and projector, are functioning properly.
- Ensure that fiber optic strands and light tubes are free from tangles or damage.

Monthly Maintenance

- Inspect the unit for any loose screws or structural issues.
- Test the Tuya App and Bluetooth functionality to ensure everything is working smoothly.
- Ensure all parts of the sensory equipment (lights, projector, interactive elements) are fully operational.

Remote Assistance

For quick support, the GoMoSo manual offers access to remote troubleshooting and customer service.

Remote Support

Users can contact HC21's customer service via phone or online for immediate assistance with any technical issues or troubleshooting needs.

Virtual Assistance

For complex issues, we offer virtual assistance where a technician can guide users through step-by-step problem solving remotely, ensuring minimal disruption in service.

These additional sections provide a complete and userfriendly experience, offering varied users - from individuals to large organisations - valuable guidance in customising, maintaining, and maximising the benefits of the GoMoSo sensory unit.

Maintenance & Care

Cleaning

Wipe down the surfaces with a damp cloth and mild detergent. Avoid harsh chemicals.

Storage

Store the unit in a clean, dry area when not in use. Ensure all components are properly packed and secured.

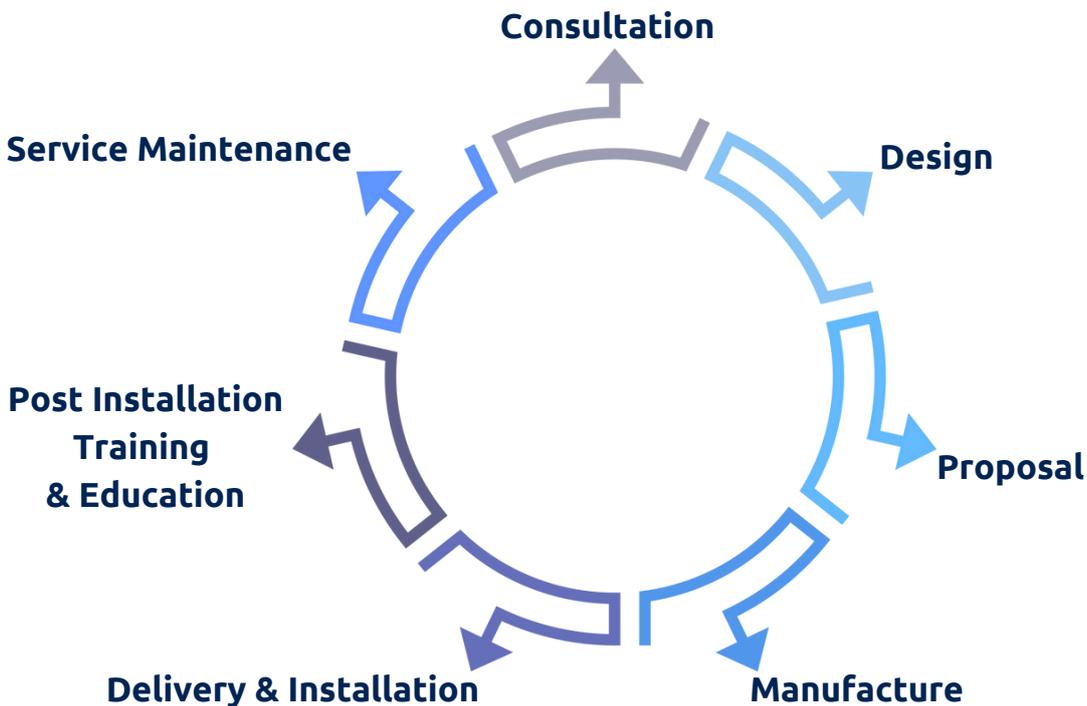
Inspection

Regularly inspect the unit for any signs of wear and tear. Replace any damaged components to ensure continued safety.

Safety Information

Ensure that the unit is used in a clean, flat area free from obstacles. Do not exceed the weight limits of the platform and cushions. Ensure all electrical components are properly connected and monitored during use.

Project Management



Consultation:

Our team meets with you to understand the sensory needs of your users and your space requirements.

Design:

We provide a customised design and proposal, detailing features, equipment, and a tailored layout for your GoMoSo portable sensory unit.

Proposal:

Based on the agreed design, we will provide you with a detailed quote. Once we receive your order, we will process it and start manufacturing.

Manufacture:

Healthcare 21 liaise with our partner and Dublin manufacturer – Senco Solutions Ireland and they start manufacturing your order, ensuring high-quality materials and components that meet your specifications. The lead time is approx. 4-6 weeks.

Delivery & Installation:

We deliver and set up the GoMoSo portable sensory unit onsite, ensuring it's ready for immediate use.

Post Installation Training & Education:

Our specialists offer comprehensive training, guiding staff on the effective use of the GoMoSo portable sensory unit/

Service Maintenance:

We provide ongoing support, including maintenance and servicing, to keep your GoMoSo portable sensory unit in optimal condition.

Inclusive

Calm

HC21 | S·E·N·S·O·R·Y

Regulate

NCSE

BeYou

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