

# SENSORY KITS

CAN HELP PEOPLE WITH  
SENSORY ISSUES CALM  
DOWN DURING A CRISIS

SOMTIMES IT IS EASIER  
TO CARRY IN A BAG  
WHEN YOU'RE ON THE  
GO

LET'S GO OVER SOME





# TACTILE AND KINETIC

- FIDGETS: STRESS BALLS, WORRY STONES, SPIKY RINGS, AND PUTTY OR PLAYDOUGH.
- TEXTURES: SMALL PIECES OF SOFT FABRIC, CRAFT FEATHERS, OR TEXTURED BEADS
- KINETIC SAND: KINETIC SAND OR CLOUD DOUGH PROVIDES A MOLDABLE, MESS-FREE TACTILE EXPERIENCE.
- SENSORY BAGS: HOMEMADE BAGS FILLED WITH GEL, GLITTER, AND SMALL ITEMS.





# VISUAL AND AUDITORY

- CALMING VISUALS: GLITTER JARS, PHOTOS OF LOVED ONES, OR PRINTS OF FAVORITE ARTWORK.
- NOISE-REDUCTION: NOISE-CANCELING HEADPHONES TO REDUCE OVERWHELMING NOISE.
- AUDITORY: A PLAYLIST OF CALMING MUSIC OR NATURE SOUNDS ON A PHONE.

## OTHER USEFUL ITEMS

- WEIGHTED ITEMS: SMALL WEIGHTED LAP PADS OR STUFFED ANIMALS FOR CALMING PRESSURE.
- TRANSITIONS: A TIMER TO HELP WITH TRANSITIONS BETWEEN ACTIVITIES OR LOCATIONS.

