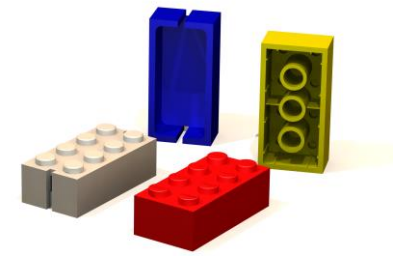


A sensory kit is a bag, box or container that holds a variety of sensory tools that can be used to calm a child's nervous system. The items need to be portable and accessible at all times to the child. This helps to aid regulation. Self-regulation involves monitoring and controlling one's own feelings, emotions and behaviour. It is necessary for the ability to block out irrelevant stimuli, control impulses and maintain attention during tasks. Sensory processing is foundational. It is the ability to take in cues from within our body and from the environment, process them accurately, and prioritize what to focus on in order to perform daily activities.



#### **Brain breaks and refocus ideas:**

- Puzzles
- Magazines
- Colouring meditation book
- Scratch drawing
- Doodling
- Brain puzzles
- Lego
- Rubik's cube
- Scratch and sniff books

# Calm/ regulation toolkits

#### **Meditation, relaxation and breathing:**

- Yoga poses
- Swimming
- Blowing bubbles
- Blowing windmills
- Blowing feathers
- Sucking through a straw



#### **Sensory input:**

- Vibration massagers
- Sunglasses
- Ear defenders or ear plugs
- Listening to music
- Sucking thick drinks/ sweets
- Chewy foods or chew necklaces
- Weighted lap pad
- Compression/ lycra under clothing skins
- Kaleidoscope
- Look and find tube/ where's wally
- Scented hand cream
- Body sock
- Bubble wrap
- Glitter bottles
- Putty (scented)
- Spinning tops
- Fiddle toys
- Yoga pose prompt cards

