# WHAT TO PUT IN A SENSORY TOOL KIT

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### Items that provide proprioceptive support

- Weighted lap cushion or weighted stuffed animal
- Weighted vest or pressure vest
- Stretchy resistance bands
- Sensory tunnel
- Mini massager
- Body sock
- Small blanket

### Items to squeeze & keep hands busy

- Fidgets like Tangle Jr. or puffer ball
- Rubik's Cube
- Play dough or silly putty
- Pipe cleaners
- Stress balls
- Bubble wrap
- Bag of tissue paper to rip
- Scarves or fabric scraps
- Spinning top

### Items to support breathing & relaxation

- Bottle of bubbles
- Pinwheels
- Straws and cotton balls or pom poms

### Items for olfactory sensory support

- Calming essential oil spray
- Smelling bottles
- Scratch and sniff stickers

### Items to get kids moving

- Book of yoga poses or yoga activity cards
- Skipping rope

### Items for auditory sensory support

- Noise cancelling headphones
- MP3 player with music
- Audiobooks

### Items for oral motor sensory support

- Chew toy or chew necklace
- Chewing gum, hard candies, or lollipops
- Snacks with a variety of textures
- Whistle, harmonica, party blowers, or similar
- Rescue Remedy Spray

### Items that give kids a brain break

- Puzzle
- Books to read
- Blank notebook and writing utensils
- Coloring books
- Scratch art doodle pad
- Small chalk board, Magna-Doodle, Etch-a-Sketch, or Boogie Board
- Activity books
- Photo album

### Items to visually calm

- Visual calm down cards
- Sensory bottle or calm down jar
- Light up toys
- Flashlight
- Plastic snow globe
- Kaleidoscope
- Hourglass
- Eye mask

FOUNDED BY A PERSON WITH AUTISM FOR THOSE WITH AUTISM
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