

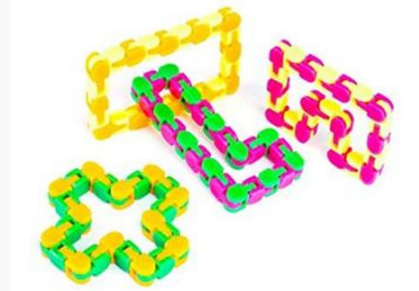
INCLUSIVE TOOLS & RESOURCES

USING A SENSORY KIT DIRECTIONS



THE IMPORTANCE OF A SENSORY KIT

A Sensory kit is a collection of supportive tools that can help a person better regulate how they process sensory information from the world around them. Kits work best if carried around in a backpack or a box, so that it's easily available to individuals when needed.



WHAT GOES INTO MY SENSORY KIT?

CONSIDER ALL 8 SENSES

visual - gustatory - auditory - tactile - olfactory - vestibular - proprioceptive - interoceptive

MAKE IT AFFORDABLE

Search Pinterest and blogs for DIY instructions with common materials

Or try: Amazon.com funandfunction.com flaghouse.com

SENSORY SUPPORTS IDEAS

FIDGETS: Clicky Snake - Putty(can be scented too)!

WEIGHT: Lap Pad - Weighted Worm

PRESSURE/PROPRIOCEPTIVE: Body Sock - Stretch Bands

TACTILE: Tactile Mats- Spikey Balls -Water Beads

VISUAL: Glitter Sticks - Liquid Bubbler - Calm Down Bottles

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UNDERSTANDING THE NEED FOR A SENSORY KIT

Everyone takes in sensory information differently - don't assume that your experience is the same as someone else. Sensory Processing Disorder is a condition in which people have trouble organizing sensory input & may become under responsive or over responsive. It can impact mood, behavior, physical sensations, communication, etc.

Some people may be “sensory seekers” or “sensory avoiders”; some may vary throughout the day.

*SENSORY SEEKER: may always be moving to regulate themselves (like wanting to run or swing), needs constant input, and would benefit from supports like fidgets & body socks.

*SENSORY AVOIDER: may be very sensitive to sensory input and become easily overwhelmed (from things like loud noises or bright lights), and would benefit from supports like headphones or weighted lap pads.

HOW SHOULD A SENSORY KIT BE USED?

- Sensory supports can be used while the child is still in the group or as a “break” away from the group, depending upon their needs, group rules and ratios.
- It is ideal that children be able to tell you what they're feeling and what support would help, but it may require adult assistance to suggest the best support at that time. Children could have a choice board, be given the whole kit to explore, or select an item or two at a time.
- Sensory time should be used for max 20 minutes at a time, or you risk the support becoming a normal feeling and losing its effect. Items are not to be used as toys, but as supportive tools.
- Use things like visual timers and transition countdowns so children know how much time they have and can more easily transition back into the group without the sensory support.
- It is suggested that you communicate with parents/caregiver and have an inclusion plan for children requiring sensory support. Ask parents for input on what their child responds to or other items that may not be in the kit already.