



Sensory Kit on the Go

Read the ideas below, then choose what you might take with you as on-the-go sensory tools.

Touch

- Keep small objects like **bobby pins**, **rocks**, **fidget toys**, etc. in your pocket or purse to fiddle with when you need a sensory distraction.
- Another option is jewelry! Wear a **ring** or **bracelet** with interesting textures or movable parts for fidgeting.

Sight

- Make your **screen saver** or **phone wallpaper** a photo of loved ones, your favorite color, or a quote you like.
- Bring **sunglasses** for when you are walking or driving to avoid straining your eyes and adding to any discomfort.

Smell

- Stash a small **essential oil** in your bag to take advantage of its calming effects on the go (a dab of peppermint oil on the back of your neck can help keep you cool in intense moments!)
- Choose a fun scent for **hand sanitizer** so that even staying healthy can be a moment of enjoyment.

Taste

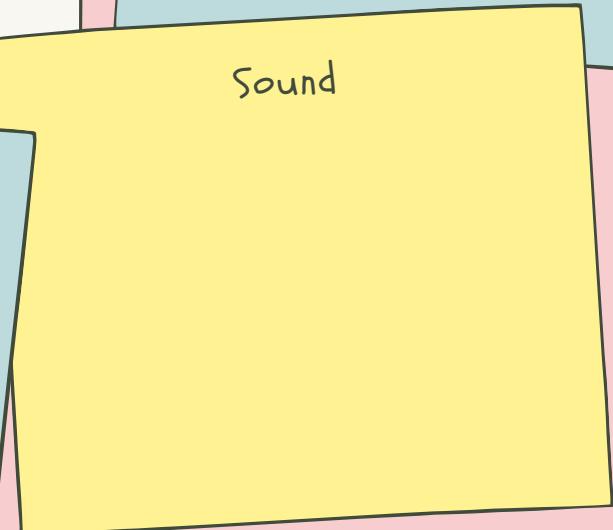
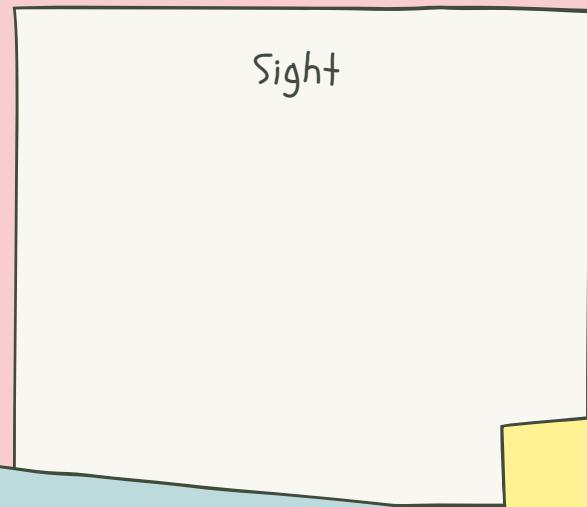
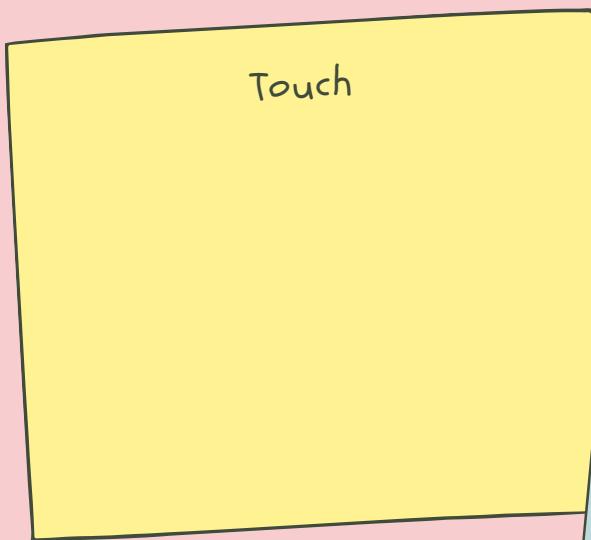
- Have **gum** or small pieces of **candy** on hand to ease stomachaches and relax your jaw.
- Don't forget **water**! Add **flavored liquid drops** to a bottle of water if you have a hard time remembering to hydrate.

Sound

- Bring a pair of **ear plugs** or **headphones** with you wherever you go. Whether it's silence or noise you're after, changing the sounds you hear can have a major positive effect.

My Sensory Kit on the Go

NAME:



 Using items you already have, or by finding new ones, write out what you can take with you to help calm with your senses.