

# Sensory Toolkit Ideas

NAME: \_\_\_\_\_

Use the ideas below and add ideas of your own to build a sensory toolkit to keep at home or wherever you may need it.

Touch	Sight	Smell	Taste	Sound
Spikey ball/fidget toy	Your favorite color	Essential oils/diffuser	Gum	Something that crinkles
Heat pack/ice pack	Eye mask	Perfume	Sour candy	Something that pops
Stress ball	Photo of a place you love	Candle	Tea	A music box
Rocks (smooth rocks, bumpy rocks)	Photo of people you love	Flowers	Carbonated drink	Ear plugs
Something soft				Headphones

\* Add ideas of your own!