

## Sensory shopping list

Here are some suggestions based on the types of things that we have in our classrooms. The rule here is that these interventions can't be distractions – and sometimes it takes a while to find the right thing for the right child. Lots of useful resources can be created easily or bought cheaply.

- Mini trampoline to help with regulation
- Noise-cancelling headphones for auditory sensitivity
- Fidget toys to support focus (Blu Tak works!)
- Hug seats to provide pressure around a child
- Wobble seats for those who need constant movement
- 'Calm jars' to help with self-regulation ( you can make your own)
- Weighted vests or cushions
- Aromatherapy that provides comforting smells to aid calming
- Therabands to wrap around chair legs – for legs that move a lot
- Small pieces of sensory material, like velvet, to hold while listening is required
- Bubbles to blow to promote deep breathing
- Visual timers (e.g.: hourglass)
- Cush balls and stress balls
- Kinetic sand
- Crash pads against a wall to push against, to engage big muscle groups
- Play dough (can also be scented with essential oils)