

# Sensory Toolbox Guide

<p>1. <b>Your imagination-</b> i.e. what in your environment can be used to sort or fidget with?</p>	<p>2. Weighted items- i.e. rice sock, hand weights, weighted plates, weighted vest, heavy blanket</p>	<p>3. Fidgets- i.e. little toys, textured bracelet, light up spikey ball, theraputty or silly putty</p>
<p>4. Smells- i.e. herbs, soaps, spices, essential oils</p>	<p>5. Earplugs or noise cancellation headphones</p>	<p>6. Visual bottle (snow globe)</p>
<p>7. Music or music makers</p>	<p>8. Thera band</p>	<p>9. Jump rope</p>
<p>10. Sunglasses</p>	<p>11. Peppermints</p>	<p>12. Textured items or cloths</p>



\*\*Examples of essential oils- rosemary mint, lavender, vetiver, frankincense, mandarin, ylang ylang, peppermint, and cedar wood, eucalyptus

## Kim's Sensory Toolkit (tangible items)

### Out and About

\*keep in car (the other items I carry in my purse)

1. Thera-band \*
2. Percussion ball on a stick \*
3. Towel to cover my head \* (passenger only)
4. Light up spiky ball
5. Thera-putty
6. Different flavored Chap Stick
7. Natural scented soap
8. Aroma stick
9. Essential oils
10. Pen and paper
11. Hair ties
12. Weighted neck warmer\*
13. Tangle fidget
14. Sunglasses
15. Rubbing stone/ shell
16. Lotion
17. Ear plugs/Noise cancelling ear plugs
18. Noise cancellation headphones- with/without music
19. Compression cooling sleeves
20. Torso body-sock (used under a back brace but also can be used to provide pressure)

### At Home

\*\*may wear or use when I go out and about

21. Unitard (a full body leotard)\*\*
22. Spio compression vest (TLSO)\*\*
23. Giant fabric theraband (stretch-eze)\*\*
24. Sensory body-sock
25. Foam roller
26. Rocking papazan chair
27. Balance disc
28. Exercise ball
29. Small massage roller
30. Weighted blanket
31. Weighted neck wrap
32. 20 lb weighted plates
33. Lots of art supplies
34. All of my portable sensory tools listed under "out and about"

## Kim's Sensory Toolkit

The following is a list of some of the specific brands for the sensory tools I use. Most of these items can be found on Amazon.

### Noise Reduction

1. Surefire earplugs-sonic defenders EP3 (they come in different EP levels, which dictates the amount of sound that it allows through)
2. Decibullz custom molded earplugs
3. Bose Quiet Comfort- noise cancelling headphones
4. Therapeutic Listening Program (TLP)- through advanced brain technologies website

### Body Compression/Proprioceptive Tools

5. SPIO compression vest-Classic TLSO (custom made through manufacturer)
6. Knit-Rite Torso interface- torso body sock (an orthotist gave me samples he had, it is usually worn under a back brace but can be worn over clothes and is great for pressure if I don't have my compression vest available)
7. Stretch-eze- a full-body cloth theraband loop- (great for providing pressure to the body)
8. Sanho Yopo dynamic movement sensory sock
9. N-Rit compression cooling sleeves
10. CanDo theraputty
11. Mad Matter (like theraputty but a smooth texture and not weight resistance)

**Scented Products** (After number 8 I am just listing the specific scents there are a variety of vendors for natural oils, soaps, and lotions)

12. Doterra- breathe easy stick (they sell a variety of essential oil products)
13. Lavender oil
14. Rosemary mint
15. Sweet Orange
16. Lemon
17. Ylang Ylang
18. Frankincense

# Kim's Sensory Toolkit

## Sensory Strategies

1. Items in my sensory toolkit
2. Smelling things
2. Wearing sunglasses
3. Closing my eyes
4. Listening to music
5. Candles
6. Putting on lotion
7. Picking and arranging flowers
8. Senses mindfulness while walking or sitting- in the environment you are in find: 6 things you can see of one color (i.e. Blue), 5 things you can hear (i.e. A plane, crunching leaves, your feet hitting the sidewalk...), 4 things you can feel/touch (i.e. The tag in my shirt, sock against my foot, air against my skin...), 3 things you can smell (i.e. Car exhaust, perfume, deodorant...), 2 things of proprioceptive feel (i.e. The pressure of my glasses on my face, the tightness of my jaw...), and 1 thing you can taste (i.e. Gum). With this exercise you can change up the number sequence so the next round you can find 6 things you can hear, 5 you can feel, 4 you can see of the color red, and so on.
9. Wear headphones and/or earplugs
10. Use fidgets (theraputty, shells, socks, tangle, hair ties, spikey ball, etc.)
11. Art projects
12. Sorting beads
13. Organizing things/spaces
13. Climbing trees
14. Running/sprinting
15. Jumping
16. Kickboxing
17. Active vs static Stretches
18. Bike riding
19. Yoga poses- balance, floor, whole body poses
20. Walking
21. Dancing/zumba
22. Swinging
23. Self-massage
24. Muscle tensing
25. Push against wall with arms while standing
26. Push feet into the floor while in a chair
27. Push pull on a chair while seated
28. Laying on the floor kicking the wall
29. Laying on the floor kicking the couch
30. Laying on the floor making patterns on the wall with my feet

## Kim's Sensory Toolkit (sensory strategies continued....)

31. Laying on the floor making patterns on the floor with my feet
32. Laying on the floor hitting my arms against the couch and my feet against the floor
33. Place back against wall and push
34. Weighted blanket
35. Rolling up in a yoga mat and rolling on the floor
36. Pushing weighted plates on the floor
37. Moving furniture
38. Use foam roller
39. Vacuuming/heavy housework
40. Curl in a ball (sometimes I do this in a bathroom stall)
41. Writing/texting while walking or pacing
42. Flips in the Pool
43. Breaking sticks and making stick mosaics
44. Use exercise band- wrap it around body for pressure
45. Rocking chair
46. Pacing
47. Hanging my head of the bed
48. Hanging upside down on an exercise ball
49. Bending over at the waist and hanging there
50. Hand stand against wall
51. Headstand
52. Pressure on shoulders from William
53. Bear hugs
54. William gives me tactile cues at the gym to help with motor planning
55. Text or email if I am too overwhelmed, confused and alone...Ask for help on what to do
56. Child pose and have someone give pressure on my back by firm pressure using an X pattern
57. William lays on top of my back and I push against him.. He pushes my legs down harder if I am kicking
58. Blanket wrap
- 59-infinity. My strategies are constantly increasing and morphing as I encounter new environments and different situations. When I have a meltdown or a shutdown I analyze all factors involved and come up with a plan for the next time I may be in a similar situation.

**\*\*strategies 48-51 invert my head which is calming and organizing**

**\*\*strategies 52-58 require a second person**

# Kim's Sensory Toolkit

## Specific Places I May go for Sensory Breaks

Its good to have a list of several places and to be aware of times and days these places may be busy.  
This way you have options to choose from if one place is unavailable.

- Gym
- Park
- Sensory room in the house (my safe place)
- Playground
- Places that have natural soaps or candles
- Used book store
- Outside in nature anywhere
- Garden

## Things I Have to Remember

1. Tools that can be taken too far if done too long or at the wrong time
  - Organizing
  - Cleaning
  - Moving furniture
  - Art projects
  - Exercise
  - Pacing
  - Arranging things
2. Set time limits
3. Use external structure if engaging in certain tasks that I have difficulty modulating
4. Schedule for eating/ pack snacks
5. Plan ahead
6. Take breaks throughout the day
7. Check in with sensory needs often
8. Use visuals

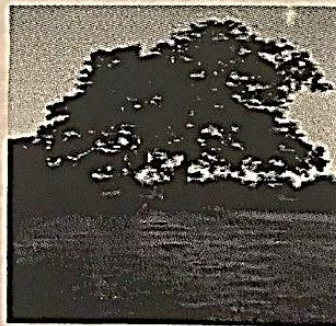
# Kim's Sensory Toolkit

## Sensory Routine

Example of one of my AM sensory routines...(no longer than 15 minutes)...This is a great way to construct a sensory routine. It allowed me to check off each item once completed, gave me a time limit, and provided a number/repetition limit (so I was less likely to become "stuck").

### Grounding Techniques

1. Pushing against the wall (20sec x 3)
2. Rolling on the floor, like a ball (3min)
3. Using weighted blanket (2min)
4. Side Crow (10sec x 3)
5. Headstand (1min)
6. Smelling Soaps/Candles
7. Wheel (30sec x 2)
8. Hit self w/ ball on stick (arms/legs)
9. Hanging upside down on ball (2min)
10. Hold weights over head (1min x 3)





# Calming/Organizing Yoga Poses

