

# YOUR SENSORY KIT

BRING THIS SENSORY KIT & ADD YOUR OWN PERSONALISED SENSORY ITEMS TO STAY IN THE OPTIMAL LEARNING ZONE DURING THE EDUCATION DAY

## VISUAL

### PEN & NOTEPAD

TAKE NOTES, IDEAS, DRAW, DOODLE TO INCREASE VISUAL INPUT TO ENHANCE MEMORY, CONCENTRATION AND LEARNING.



## SOUND

WHAT AUDITORY STRATEGIES ENHANCE YOUR LEARNING?  
DO YOU PREFER SILENCE OR BACKGROUND NOISE TO LEARN?  
ARE YOU USING NOISE CANCELLING HEADPHONES?  
WILL YOU LISTEN TO MUSIC DURING BREAKS TO ENERGISE?

## TASTE

### WARHEAD GROUNDING

POPULAR IN SENSORY MODULATION. IT WILL BE FACILITATED ON THE DAY SO TRY NOT TO EAT THEM BOTH YET!

### MINTS, LOLLIPOP & CHOCOLATE

A FEW OPPORTUNITIES FOR GUSTATORY STIMULATION TO CALM & ALERT. BEYOND THE OBVIOUS SUGAR HIT, YOU MAY FIND THAT THE ACTION OF SUCKING OR CRUNCHING HELPS TO FOCUS.

## VESTIBULAR

### 8 SIDED DICE GAME

GET OUT OF YOUR CHAIR AND DO A STREEEEEEETCH. REGULAR STRETCH BREAKS HELP WITH PRODUCTIVITY, CONCENTRATION, AND IMPROVING BALANCE.

### THE RESILIENCE BOUNCY BALL

WE HAVE AMAZING CAPACITY TO BOUNCE BACK. HOW HIGH CAN YOU GO?  
THE BOUNCY BALL ACTIVITY SEEKS TO WAKE YOU UP & GET YOU MOVING!

## TOUCH

### HAND MOUISTRISER

A HAND MASSAGE TO KEEP YOU GROUNDED AND ALERT

### SHAE BUTTER LIP BALM

FOR NOURISHING & SOOTHING, LIP SMACKING & DUCK LIP STRETCHES!

### YOUR FAVOURITE STRESS BALL

OR OTHER FIDGETS TO STAY FOCUSED

## SMELL

### HERBAL TEA OR

### COFFEE PLUNGER BAGS

TAKE A MINDFUL BREAK TO TUNE INTO THE DIFFERENT SENSES, MEMORIES, EMOTIONS, AND RESPONSES

## INTEROCEPTION

### DEEP BREATHING

WHATS HAPPENING INSIDE YOUR BODY?  
HUNGRY? THIRSTY? TIRED? BUSTING?  
WHAT STRATEGIES ARE YOU USING TO INCREASE THE MIND-BODY CONNECTION?

## PROPRIOCEPTION

IS A WEIGHTED BLANKET, WEIGHTED ANIMAL, OR HEAT PACK ON YOUR LAP TODAY TO KEEP YOU GROUNDED & PRESENT?

BEANBAG TAPPING, STRESS BALLS, A SELF HUG, USING THERABAND OR WEARING LYCRA PROVIDES BODY AWARENESS, BOUNDARIES AND DEEP PRESSURE INPUT THAT CAN BE ORIENTING AND OH SO SOOTHING!

We are multisensory beings. All of the senses may be stimulated or soothed with each sensory item or activity. Consider your own sensory profile and complete the sensory kit plan overleaf.



# YOUR SENSORY KIT

COMPLETE THIS TEMPLATE TO PERSONALISE YOUR SENSORY KIT TO STAY IN THE OPTIMAL LEARNING ZONE DURING THE EDUCATION DAY

## SENSORY STRATEGIES

Provided items & personalised strategies that work for you

## PURPOSE & RESPONSE

Calming / Just Right / Alerting

<b>VISUAL</b>		
<b>SOUND</b>		
<b>TASTE</b>		
<b>TOUCH</b>		
<b>SMELL</b>		
<b>VESTIBULAR (Balance)</b>		
<b>PROPRIOCEPTION (Movement &amp; Deep Pressure)</b>		
<b>INTEROCEPTION (Internal Body Awareness)</b>		

