

School sensory KIT

touch

fidget toy
stress ball
rocks
ice pack / hand warmers
something soft

sight

your favourite colour
photo of place you love
silent fidget toy
favourite quote

smell

essential oils
aromatherapy balm
perfume
flowers

taste

gum
sour sweets
mints
drinks

sound

something that crinkles
something that pops
loop ear plugs
headphones