

BUILD YOUR OWN SENSORY TOOL KIT

Small tools. Big impact.

A sensory tool kit is a collection of items that helps you manage discomfort, overwhelm, anxiety, and focus challenges.

Everyone's kit is different.
Choose what works for YOU!



SIGHT

Bright or busy visuals can be overwhelming.



☐ Sunglasses



☐ Tinted glasses



☐ Favourite photo



☐ Calming colours



SOUND

Loud, sudden, or constant noises can be distressing.



☐ Earplugs



☐ Noise-cancelling headphones,



☐ Music



☐ White noise



SMELL

Strong smells can cause discomfort or nausea.



☐ Water bottle



☐ Mints or gum



☐ Familiar scent



☐ Lip balm



TOUCH

Certain textures or touch can be irritating. Some can be calming.



☐ Soft toy



☐ Stress ball



☐ Pressure ring (spiky ring)



☐ Fabric to sit on



FOCUS

A busy mind or body needs something to help focus.



☐ Fidget toy



☐ Putty or clay



☐ Crochet



☐ Colouring or quiet activity



NOTICE

What am I feeling or experiencing?



CHOOSE A TOOL

What can help right now?



FEEL MORE COMFORTABLE

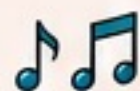
Regulate and reset so you can keep going.

Notice again.
--> Keep using what helps.

COMFORT & CARE



Things that help you feel safe, calm, and supported.



☐ Favourite music



☐ Drink bottle



☐ Snack



☐ Bible verse



☐ Special photo



☐ Comfort item

PACK YOUR KIT

Choose the items you want to keep together in a bag or pouch.

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____

☐ _____
☐ _____
☐ _____
☐ _____
☐ _____



“Cast all your anxiety on him because he cares for you.”
1 Peter 5:7

