

SENSORY TOOL KIT CONTENTS

If not already provided, your site manager will need to purchase a toolkit to have available at your site for the running of this group.

The tools listed below or similar are expected to make up the Tool Kit. Potential benefits and descriptions of each tool are detailed for the purpose of purchasing a substitute.

Purchases can be made at the Reject shop, Casey's Toys and many online stores.

The items below are a guide, you do not need to purchase the exact toys however they should share the similar described benefits.



High Bounce Ball: Engages all senses including motor skills, spatial awareness, coordination, touch, sound.



Jelly Fish Water Snake: promotes mindfulness, focus, fine motor skills, calming. Engages sight, sound, touch. Feels smooth, slimy and squishy



Light Up Yo-yo: Benefits motor skills, hand eye coordination, gravity and rotational energy, spatial awareness, relieves mental stress. Engages sight, touch and movement.



Liquid timer: Can help to calm anxiety. People often respond well to the predictable, rhythmic and flowing motion. Engages with sight and movement.

STRETCH & CONNECT!



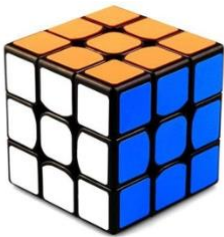
Extendable Popping Noise Tube: Stretch them, make them pop, twist them, extend the tube for more noise. This tube plays on touch, movement and sound.



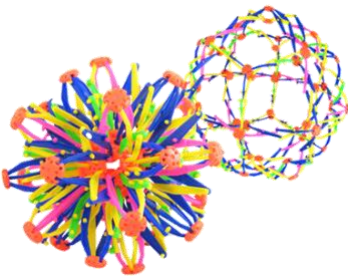
Pin art: push your hand in it or make shapes and patterns. Encourages hand function and imagination. The pins have a cool, sharp and soft sensation. Plays on touch and sight.



Pocket travel water game: For those who like to fidget and stay focused. Engages touch, sight and movement. Provides clarity and calm.



Rubik's cube: Engages spatial awareness, general concentration, sight, sound, movement and touch. Increases speed of focused thoughts and develops patience and determination.



Expanding ball: When you throw the ball up it expands and when it lands it becomes a smaller ball. Demonstrates breathing techniques. Can release anxiety, stress, anger and fear. Plays on sight, touch and motion.



Popper fidget spinner: Anxiety and stress reliever to calm anxious behaviour. The repetitive motion of spinning, click or rolling can boost concentration and calm.

OTHER/OPTIONAL

With accommodation sites in mind, please factor in additional sensory and therapeutic supports to further encourage capacity building and nurture the Learning2B program. Make sure what you select can be easily sanitised and cleaned. Hard/plastic surfaces or removable cushioning's preferred). For example:

- Rocking chairs
- Inclusive scenery/imagery/colours
- Option to run L2B topics outdoors. Such as seating and shade.
- Weighted blankets
- Weighted lap animals