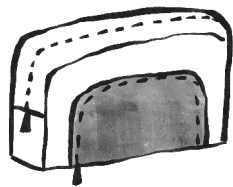


55+ Sensory Kit Ideas!



Gustatory

- [Chewable jewelry](#)/necklaces
- Chewing gum
- Crunchy snacks
- [Toothpicks](#)
- Sippy cups or straws for oral input
- [Oral sensory tools \(e.g., chewy tubes, chewable pencil tops\)](#)

Auditory

- [Noise-canceling headphones](#), [loops](#), or [ear defenders](#)
- [White noise machines](#) or apps
- Calming or ambient soundscapes
- Create a stim playlist

Clothing

- Compression clothing (e.g., [weighted vests](#), tight-fitting garments)
- Tagless clothes, [seamless socks](#)

Olfactory

- [Scented candles](#) or wax melts
- [Aromatic sachets](#) or scented pouches
- [Essential oil diffuser](#) or aroma diffuser with calming scents
- [Scented lotions or body oils](#) for self-soothing aromatherapy
- Calming [room sprays or linen sprays](#) with relaxing scents
- [Scented stress balls](#) or sensory toys for on-the-go scent stimulation
- Scented drawer liners or [scented drawer sachets](#) for pleasant scents in storage

Vision

- [Tinted glasses](#) or sunglasses for light sensitivity
- Eye masks or [sleep masks](#) for visual relaxation
- [Visual timers](#) or schedules for time management
- [Colored overlays](#) for reading or reducing visual stress
- [Cold eye mask](#)

Temperature

- Warm or [cozy blankets](#)
- [Heating pad](#)
- [Warm or cool compress](#)
- [Cooling gel packs or ice packs](#)
- Air conditioner or [fan](#) for airflow

Movement/Tactile

- [Fidget cubes](#) or [sensory tools](#) for hand manipulation
- [Swings or hammocks](#) for gentle rocking or swinging motion
- [Exercise balls](#) or [balance boards](#) for proprioceptive input
- Soft and plush textures (e.g., [plushies](#), blankets)
- [Sensory balls](#) or fidget toys with different textures
- [Weighted blanket](#) or [lap pad](#)
- Fidget spinners or [textured fidget rings or bracelet](#)
- Squishy stress balls or [sensory gel pads](#)
- Tactile books or [sensory tactile boards](#)
- [Squeeze toys](#) or stress-relief objects like [kinetic sand](#)
- Textured surfaces for tactile exploration (e.g., [textured mats](#), fabrics)
- [Therapy brushes](#) or [vibrating massagers](#) for sensory modulation
- [TENS unit](#)
- [Weighted heating pad](#)

