



# SuperKids Guide to Creating a Sensory Toolkit

A sensory toolkit is a portable collection of tools designed to help children self-regulate, focus, and feel calm in any environment. It supports neurodiverse learners and promotes inclusion at school, home, and in the community.

Below are some sensory toolkit ideas to get you started.

Item	Description
Noise cancelling headphones	Helps reduce overload
Calming scents	Lavender sachets or scent sticks
Visual supports	Visual timers, visual schedules or cue cards
Calming materials	Weighted lap pad, soft blanket
Fidgets	Stress balls, putty, pop-its

## Tips for Success:

1. Keep items organized in a small bin or bag for easy access.
2. Teach children how and when to use each tool.
3. Update toolkit based on changing sensory needs.

Looking for more ideas or need help? Contact me at SuperKids Pediatric Consulting  
<https://superkidspediatricconsulting.com>