



EQUALLY DIFFERENT
THERAPY

SENSORY TOOL KIT

Starter pack



A quick-start guide to sensory support
for autistic and ADHD children

www.equallydifferenttherapy.co.uk

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WHAT IS A SENSORY TOOLKIT?

Every child experiences the world through their senses—touch, sound, movement, sight, smell. For some children, especially those who are autistic or ADHD, these sensations can feel too much or not enough. That's where a sensory toolkit comes in. It's a personalised collection of tools to help your child feel safe, regulated, and in control.

Think of it as a **first-aid kit for your child's nervous system.**

A sensory toolkit can help with:

- Meltdowns or shutdowns
- Overwhelm in noisy or busy places
- Fidgeting or restlessness
- Low mood or lethargy
- Transitions between activities



Want to go deeper? The full version includes a printable sensory profile and toolkit planner.

SENSORY PROFILE CHECKLIST (Mini Version)

Tick any that apply – these clues will help you choose the right items.

Sensory System	Over-responsive (Avoids)	Under-responsive (Seeks)
Touch	Dislikes hugs or tags, avoids messy play	Crashes into things, chews objects
Sound	Covers ears, startles at noise	Hums, bangs items, needs background noise
Movement	Afraid of swings or climbing	Constantly moving, spins, rocks
Smell	Complains about strong smells	Smells objects or people
Visual	Avoids bright lights, squints	Loves flashing lights, stares at spinning things

Save this — it'll help when you build a full sensory profile later.

TOP 10 ITEMS TO TRY IN YOUR TOOLKIT

1. **Noise-cancelling headphones**
2. **Chewable necklaces or pencil toppers**
3. **Resistance bands**
4. **Fidget cubes/spinners**
5. **Weighted lap pad or soft toy**
6. **Stretchy resistance toys**
7. **Sunglasses or hat**
8. **Scented putty or play dough**
9. **Sensory bottles (glitter or liquid)**
10. **Calming playlist or white noise app**



Tip: Involve your child when choosing toolkit items. The best toolkit is one they want to use.

HOW TO SET UP A SIMPLE SENSORY SPACE

A calming sensory zone doesn't have to take up a whole room. A quiet corner, a soft beanbag, and a few sensory-friendly items can work wonders.

Starter Items:

- **Pop-up tent or corner nook**
- **Soft blanket or cushion**
- **Fidget basket**
- **Calm visuals (lamp, fairy lights)**
- **Noise-reducing headphones**
- **Visual emotion chart**

SENSORY ZONES OFFER PREDICTABILITY,
WHICH IS ESPECIALLY HELPFUL DURING
TRANSITIONS OR AFTER SCHOOL.

READY TO BUILD THE FULL TOOLKIT?

The full Sensory Toolkit Pro includes:

- ✓ **Printable Sensory Profile Map**
- ✓ **Visual Toolkit Checklist**
- ✓ **DIY Equipment Ideas**
- ✓ **Sensory Break Menu**
- ✓ **School-Friendly Resources**
- ✓ **Parent & Teacher Guide**

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