My Sensory Toolkit

Notice how sounds, light, touch and movement feel for you, and plan what helps.

AGES 5–12

What's inside:

- My five senses and how they feel to me
- Sounds, touch, light and smells I like and don't like
- Movement: when I need to move or be still
- My sensory profile to colour in
- My sensory break menu
- Make my calm kit
- Loud and calm places
- Cards to tell a grown-up, and a note for school

Designed for flexible use: work through in order, dip in and out, or pick a single page for a quick activity. There's no "wrong" way to use this pack.

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Sounds

Tick one box for each. There are no right answers.

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Sounds can feel louder, quieter or different for each person.

	I like it	Too much
Music	☐	☐
Vacuum cleaner	☐	☐
Hand dryer	☐	☐
People shouting	☐	☐
Rain on the window	☐	☐
Sirens	☐	☐
Clapping	☐	☐
Crowds and chatter	☐	☐
Birdsong	☐	☐
Silence	☐	☐

Add your own: .....

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Well Done!

for completing the My Sensory Toolkit Pack

This certificate belongs to:

_____

Signed (parent / carer / educator) _____ Date

Every page finished, or even just one, is worth celebrating.

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