

My Sensory Toolkit

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

AGES 5–10 • HOME, CLASSROOM & 1:1

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 at home, in the classroom or 1:1: 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.

Sounds



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

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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NEURODIVERGENT MINDS **Little Minds™**

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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