Sensory Kits

When individuals with autism are in new situations or environments, they can feel uncomfortable, anxious, or frightened. The items below often can bring comfort. We recommend assembling your sensory kit with some of these items in a backpack, small plastic tub, or other portable package.

- ❍ Hand-held manipulatives such as stretch strings
- ❍ Stress balls, textured balls, squeeze balls, fidget cubes, etc.
- ❍ Liquid motion bubblers
- ❍ Spinning lights wands
- ❍ Play putty
- ❍ Cheap, over-the-ears headphones for listening to music or watching videos on handheld or computer device
- ❍ Themed stickers (Thomas the Train, Dora, Minecraft, etc.)
- ❍ Nonstick playfoam
- ❍ Bubbles
- ❍ Rocket balloons
- ❍ Wind-up toys
- ❍ Scented markers

Autism Society of North Carolina

800-442-2762
www.autismsociety-nc.org