



# Sensory Tools

We have



senses

All day, every day, we are  
surrounded by and experience  
**sensory** stimulation.

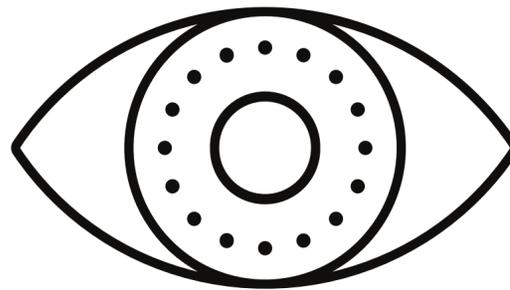
## Our 8 Senses:

- 1 Sight
- 2 Smell
- 3 Taste
- 4 Hearing
- 5 Touch
- 6 Proprioception  
*Where I am in space.*
- 7 Vestibular  
*My sense of balance.*
- 8 Interoception  
*How I feel inside.*

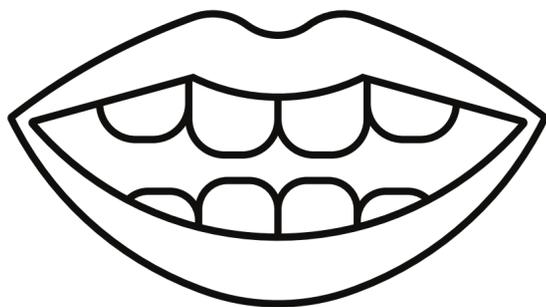
# 5 <sup>main</sup> senses



Touch



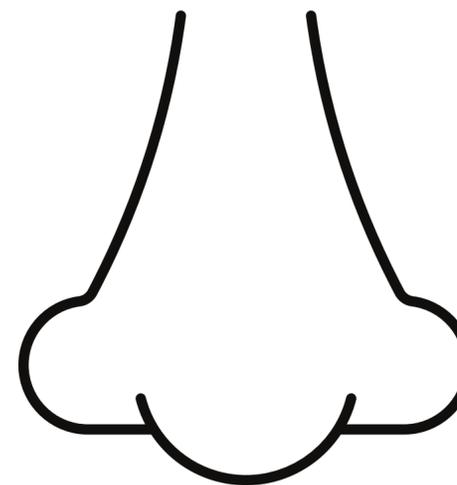
Sight



Taste

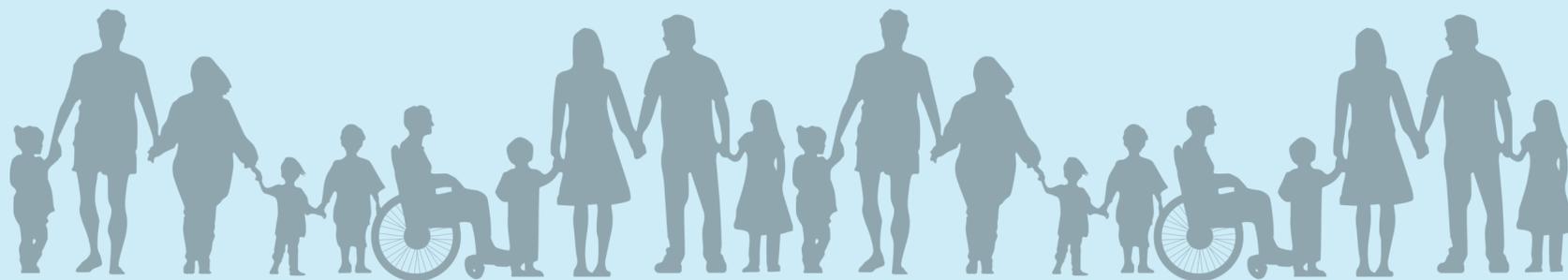


Hearing



Smell

Some people have  
**sensory challenges.**



# Sensory tools can help to

calm

focus

diStract

Lots of people use 'sensory tools' to help them

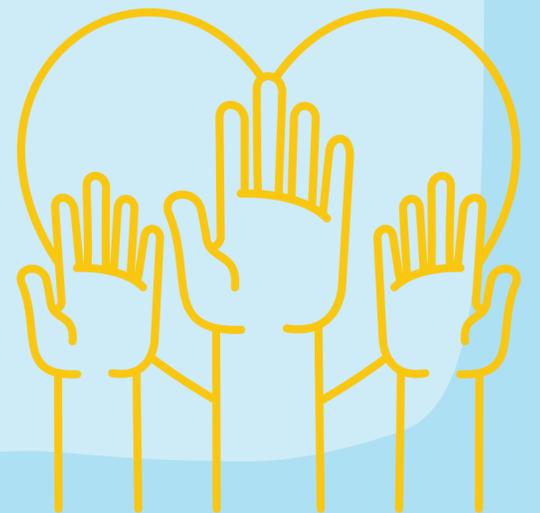
- **concentrate**
- **regulate their emotions**
- **absorb information**



Once feeling more secure,  
a person is better able to deal with  
their environment.

# Some people need extra help to concentrate.

Sensory tools, such as fidget tools, can help them focus.



# **There are many types of sensory items that might help.**

Some common items include

- weighted animals
- fidget toys
- balance items
- ear muffs

