

“Comfort Kits”

[Sensory Bags]

- Noise cancelling headphones
- Verbal cue cards.
- Visual prompts.
- Weighted lap pad
- Photosensitive glasses.
- Favourite snacks.
- Fragrances
- Rubber bands.
- Crosswords, sudokus
- Mindful music, meditations
- Books, magazines
- Fidget tools.
- Verbal cue cards.
- Visual prompts.
- Mineral water.
- Gum, candy, tic tacs, food.
- Pads of paper/pencils/pens
- Stuffed animals.
- Bubble wrap, smooth rocks.
- Cell phone
- Slinkies
- Videogames

“The moment I recognize confusion coming my way, I reach in my comfort kit... for my calm tools. My emergency kit!” Liane Holliday Willey (2001)

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