







Sensory Treasure Chest

Children will often select things to regulate their own sensory systems including;

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|----------------------------|---|
| Wobble cushion |  |
| Ear defenders |  |
| Weighted item e.g. blanket |  |
| Peanut ball |  |
| Trampoline |  |
| Swing |  |

Textured balls



Stress balls



Play dough



Tangles



Exercise band



Chewable items



| | |
|----------------|--|
| Bubbles |  |
| Liquid timers |  |
| Glitter sticks |  |
| Spinning tops |  |

Either allow your child to have a sensory play session or select an item of choice. Take note of their preferred item and how they engage with it. If you observe your child becoming calm when using the resource then this is perhaps something that could be used at times of stress.

These items can also be introduced into calming areas or brought to a child throughout the day.