

Sensory Kit Equipment List

- Sensory Bags (4)
 - Noise reducing headphones
 - Fidget spinner
 - Pop tube
 - Sunglasses
 - Foam stress ball
 - Square Breathing instructions
- Boogie Board (Reusable Writing Tablet)
- 60-minute Visual Timer
- *My Body Sends a Signal: Helping Kids Recognize Emotions and Express Feelings*
- *I Am Autistic: A Workbook: Sensory Tools, Practical Advice, and Interactive Journaling for Understanding Life with Autism (By Someone Diagnosed With It)*