



# About

Adding some additional sensory items to your toolbox, could greatly benefit on how individuals with neurodiversity can interact within the environment and provide support for sensory and emotional regulation.

Sensory tools support the five main senses; taste, touch, smell, sight, hearing as well as three other senses that are vitally important to regulation:

proprioception which is body movements (muscles, tendons and joints), vestibular which supports bodies spatial awareness, orientation and balance and interception which is sensations of internal body sensations (hunger, pain, etc.)

## Our 8 Senses:

Sight/Visual

Sound/Auditory

Touch/Tactile

Taste/Gustatory

Smell/Olfactory

Body Movement/Vestibular System

Body Awareness/Proprioception

Interception

Sensory tools are items that help individuals who have a low or high sensory threshold to regulate their sensory system. They can help to:

Reduce anxiety.

Promote focus.

Calm heightened senses

Stimulate dormant senses.

Promotes sense of touch (tactile awareness and tolerance)

Develops fine motor skills.

You will find each sense broke down with a description and products that benefit the sense.

Disclaimer - The Autism Society of the RMWB is in no way responsible for any of the items they sell. Please note. items may be different than they appear in the images and colors may vary. Please contact us if you require a certain color or have any questions about the item. Please check website for up-to-date inventory.



## Site/Visual

This sense helps interpret what we see through colors, shapes, letters, words, numbers, and lighting. This sense is also important for us to make sense of nonverbal cues and track movement with our eyes to ensure we move safely. A person may have avoidance behaviours, like covering eyes, squinting or rubbing eyes or they may seek stimuli by staring at moving objects, bright lights or close inspection of an object.

Referenced from: <https://chlss.org/>



Hand Lava Lamp



Mini Disco Balls



Visual Chart



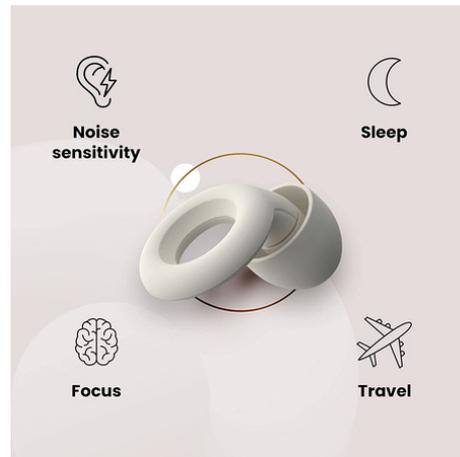
Sensory Bottlet

Please see website for more products.

# Sound/Auditory

This sense functions to help us interpret what we hear and the frequency of a particular noise or noises. We not only hear sound, but the brain aims to make sense of sound and understand speech. A person that has difficulty processing the stimuli may become angry, cry, scream or have strong emotions when loud noises are present. They may also prefer loud music, use outside voice and calmed when certain music plays.

Referenced from: <https://chlss.org/>



## Noise Canceling Headphones



Sound Machine

Waterproof Noise Canceling Ear Plugs

Please see website for more products.

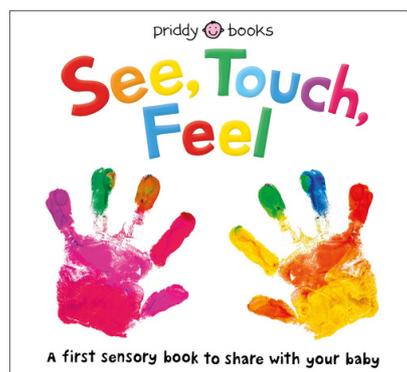
# Touch/Tactile

The sense of touch aids in how we respond to physical sensations within our body and to determine between "safe" and "dangerous" touch, as in the common example of the child touching the stove. A person may avoid textures or clothing, dislikes messy play or avoids physical contact. A person may also prefer tight clothing, likes being messy, or have a high pain tolerance.

Referenced from: <https://chlls.org/>



Pluffie Sand



Sensory Touch Books



Assorted Fidgets

Please see website for more products.

## Taste/Gustatory

The purpose of taste is to identify what kinds of foods a person likes, and what foods are dangerous or foods to stay away from. A person that has difficulty managing this sensation, may avoid certain textures of foods, trying new foods or gags, chokes or drools. Some seeking behaviours are preferring spicy or hot foods, bites nails, and non-food items.

Referenced from: <https://chlss.org/>



Munchables



Munchables



Munchables



Munchables

## Assorted Chewies



## Bubbles

Please see website for more products.

# Smell/Olfactory

The sense of smell is considered the oldest system in brain as it is connected to our memories and emotions. An input of smell could cause one to feel comfort or calm, depending on the smell. A person may avoid particular smells, gag with certain smells, avoid public places. Some seeking behaviours include they don't notice dangerous smells, prone to eating or drinking dangerous items, and enjoys strong scents.

Referenced from: <https://chlss.org/>



## Scented Play-Doh



## Scented Paint

Please see Website shop tab for more products

## Body Movements/Vestibular System

The vestibular system functions to help the body maintain balance and be aware of where we are in space. This system works with auditory and visual processing in relation to balance, attention, eye control, and coordination. People that have difficulty interpreting this information may bump into things more and can be labeled "clumsy". They may enjoy swinging activities, dancing, and jumping.

Referenced from: <https://chlss.org/>



Wiggle Seat



Balance Board



Chair Bands

Please see website for more products.

## Body Awareness/Proprioception

Proprioception is very similar to the vestibular system. Proprioception refers to how we interpret relationships and energy between each individual body part. They may seek out activities like jumping on furniture or grasping things tightly. They may have difficulty getting dressed, tying shoelaces, or knowing how hard/softly to open and close doors around the house.

Referenced from: <https://chlss.org/>



Body Sock



Weighted Vest



Vibrating Massagers



Hot/Cold Pack

Please see website for more products.

# Introception

This is the newest and most recent discovered sensation as it comprises being aware of the basic primary functions such as hunger, toileting, and breathing. When a person has introception difficulties they may not be aware of when they are hungry, thirsty, or need to go the bathroom.

Referenced from: <https://chlls.org/>



Sand Timer

Timer



Visual Chart

Please see website for more products.

## Education and Misc.



Pencil Top Chewy



Chair Bands



Pencil Grips



Primary Printer Thick Pencil



No Tie Shoe Laces



Triangle Pencils

Please see website for more products.