

SENSORY TOOLKIT

Sensory-Friendly Strategies

& Tools for Managing
Autistic Sensory Sensitivity

If you are looking for ways to manage sensory sensitivity in children with autism, use these strategies and tools to help create an environment that supports their needs.

Sensory Sensitivity Techniques

For the Noise Sensitive

Try offering children noise-canceling headphones or ear defenders, so they can choose to cancel out the excess noise.

- It is important to have a calming space in classrooms and at home. A pop-up tent or a blanket over a table can create a quiet, sensory-friendly area. Bean bags and other sensory toys can also be added to the space.

For the Fidgety Child

Include regular movement breaks and a variety of seating options, like wobble cushions and stools. Always have a variety of fidget toys available to aid focus.

- You might also offer chew toys, crunchy breadsticks, or carrot sticks for children who like to chew. Use sports bottles for drinks, because they also provide oral input.



For the Anxious Attached

Consider clothing that fits snugly, like a hug, such as lycra underwear, rash vests, and rugby base layers. Many of these can be found at sports shops for a low price.

For the Smell Sensitive

Provide children with a sweatband mixed with a drop of oil, shampoo, or perfume/aftershave that they can use to mask any uncomfortable smells. Let them choose the scent.

For Learning Environments

If a child struggles with reading black print on a white background, try using colored overlays, changing font or background colors, or offering audio versions of the text.