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Publishers

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Out and about kit

Which sense	Things to block out that might bother the senses	Things to soothe the senses
Smell 		
Touch 		
Sight 		
Taste 		
Sound 		
Balance 		
Body awareness 		
Inside Hunger, thirst, tiredness, emotional calm, other (e.g. pain)		

Example of an out and about kit

Which sense	Things to block out that might bother the senses	Things to soothe the senses
Smell 	A scarf	A rosemary or mint leaf
Touch 	Long sleeves	A soft fidget or teddy
Sight 	Sunglasses	Nice postcard
Taste 	Chewing gum	Own snacks
Sound 	Ear plugs	Headphones and audiobook
Balance 	Nil	A crunchy snack Bubbles to blow
Body awareness 	Nil	Weighted lap blanket
Inside Hunger, thirst, tiredness, emotional calm, other (e.g. pain)	Nil	Snacks A drink An audiobook or music for if I get tired My favourite teddy A spare jumper

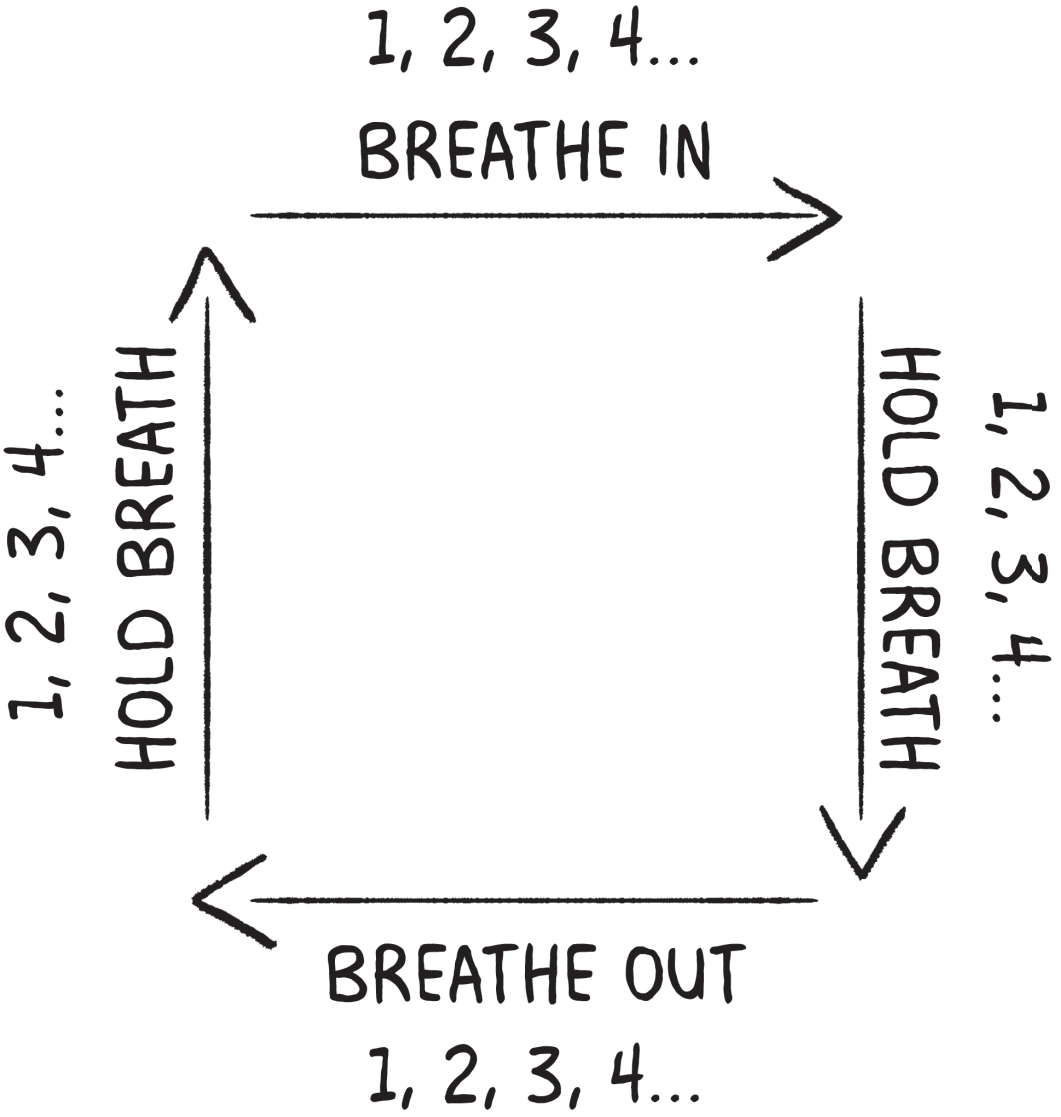
What to expect plan

Plan for:	
Who is coming?	
What is happening?	
Where is it happening?	
When is it happening?	
Why is it happening and do I need to prepare anything?	
How long will it last?	
How will I **recharge** after?	
How will I make sure my basic needs are met?	Eating: Drinking: Resting: Not too hot or cold: Other:

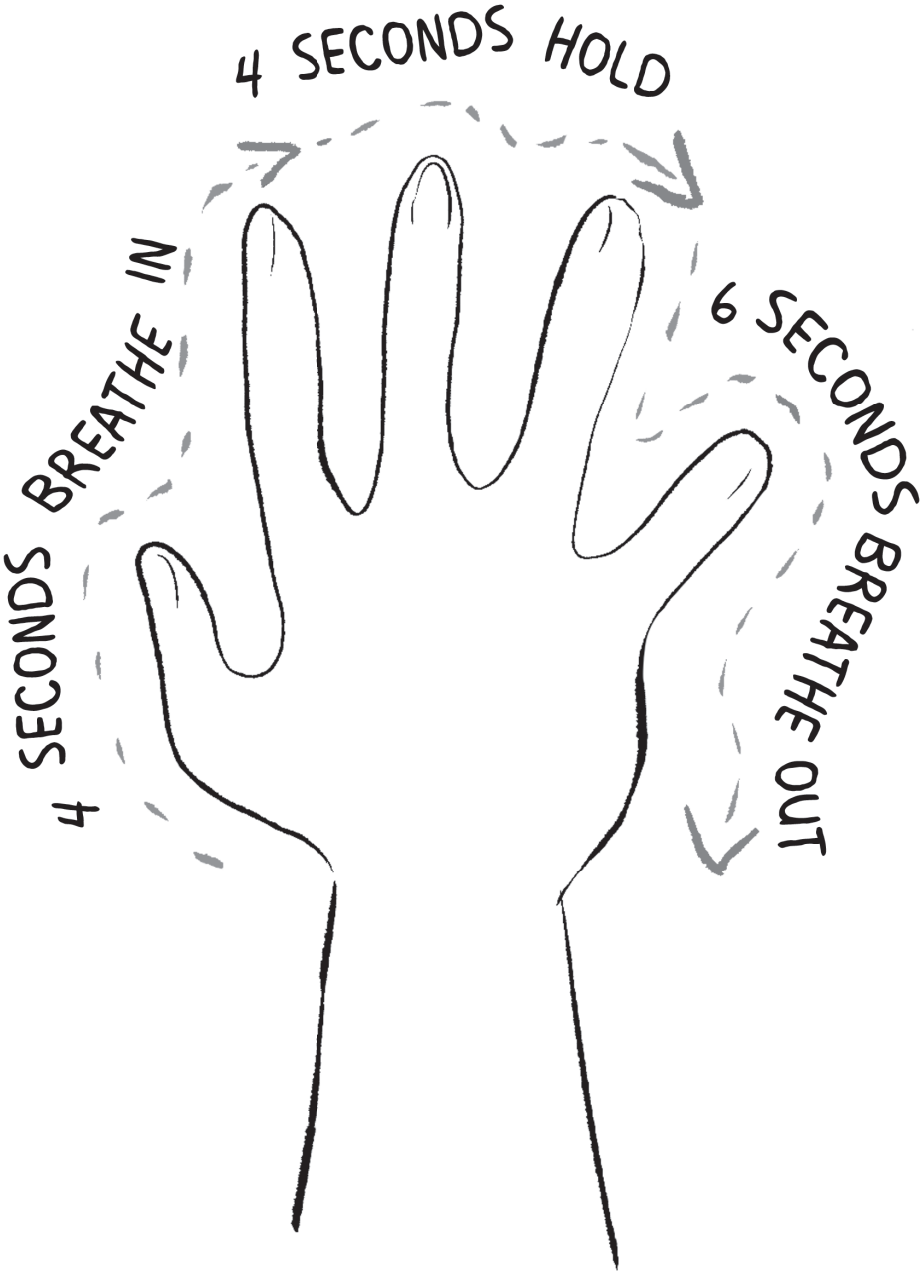
Meeting basic needs plan

	Before	During	After
Eating 			
Drinking 			
Resting 			
Temperature 			
Other			

Square breathing



4-6 breathing activity



What to put in my feelings box



SOMETHING FOR MY SENSES

Sight _____

Sound _____

Smell _____

Touch _____

Taste _____

SOMETHING TO DO WITH A SPECIAL INTEREST

_____

_____

_____

_____

ACTIVITIES

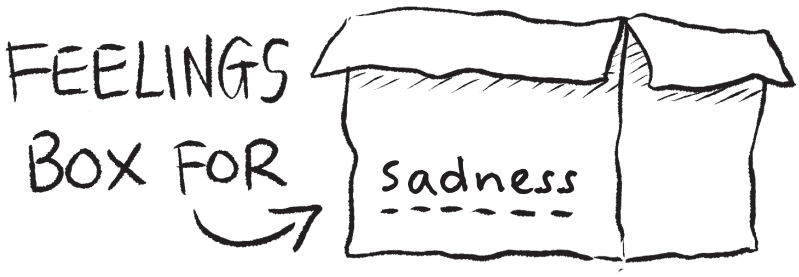
_____

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Example of what to put in my feeling box



SOMETHING FOR MY SENSES

Sight Twinkly light

Sound List of songs

Smell Smell soap

Touch Teddy

Taste Chewing gum

SOMETHING TO DO WITH A SPECIAL INTEREST

A little book of quotes from my favourite book or movie

ACTIVITIES

Box breathing (image of sheet of paper with this drawn on it)

Colouring book and pencils

A journal to write out thoughts

Quick Calm Plan



Example of a Quick Calm Plan

Quick Calm Plan

Breathe in for 4 seconds,
hold, breathe out for 6 seconds



Warm cosy drink



Cold face-cloth on face



Skip



Squeeze ball



Colour in picture of
favourite thing



Snack





Energy banking

Activity	Gives me energy	Costs me energy

Example of energy banking

Activity	Gives me energy	Costs me energy
Socialising for 30 minutes	Gave me a little bit of energy	
Socialising for 2 hours		Cost a lot of energy
Swimming		Cost quite a bit of energy
School day		Cost a lot of energy
Reading for 30 minutes	Gave me quite a bit of energy	
Good night's sleep	Gave me a lot of energy	
Homework		Cost quite a bit of energy
20 minute walk around the block	Gave me quite a bit of energy	
1 hour walk		Cost a lot of energy
Unexpected change to afternoon routine		Cost quite a lot of energy
Time alone with important interest	Gave me a lot of energy	