

creating a sensory backpack

A special backpack designated as your child's sensory backpack is a helpful tool to keep in the car or grab when going to places that may be over-stimulating or difficult for your child to tolerate. The backpack provides helpful activities when home resources are not available, creates continuity between environments, and can actually be a calming weight on your child's shoulders. Engage your child in selecting favorite items to put in his or her backpack.

Here is a list of starter ideas:

Smell

- Aromatherapy scents – optional wristband to sprinkle scent drops on
- Scented hand and body lotions

Taste and Oral Motor

- Strong flavored hard candies
- Single serving crunchy snack bag
- Gum
- Small bottle of bubble soap and wand

Auditory

- CD Player or iPod with relaxing/preferred music
- Kazoo (noisy - but better than a child's screaming to get auditory control!)

Visual

- Coloring books
- Small [Etch-a-sketch](#) or [Magna-Doodle](#)
- Tablet with markers, or clipboard and paper with a pencil attached on a string
- Books

Touch / Fidgets

- Weighted lap pad
- Bean bags, Beanie Babies
- Koosh balls, squish balls
- Small toys
- Vibrating toys

Movement

- Theraband