

Selecting Sensory Items for Freeman Center

1. Prior to appointment, review if Safety Screener is in the Social History Section of Epic
2. If Safety Screener lists preferred sensory items (things to squeeze, coloring, vibration, etc) then collect those specific items requested
3. If Safety Screener is not completed or it does not specify supports that may help, create a small bin with one item that fits in each of the 5 categories in the table below
4. Show the bin to the person and ask if they would like to use any of the items during their visit
5. If the person does not explore the items on their own, model how to use one or two of the sensory items in the bin
6. Hold out one or two of the items in your hand and re-ask if they would like to use the items during their visit
7. Observe what items the person gravitates to on their own or the item that they engage with the longest in the visit. Add this item to the Safety Screener section for their next visit
8. Make sure to collect all items back from the person before they leave the Freeman Center and sanitize before next use.

Calming Fidget	Quiet items to engage sight and/or touch. Calm way to release energy, help calm from sensory overload, or help calm thoughts or emotions in stressful situations	Gel Squishy Balls Coiled sensory fidgets Movable block fidgets Spinner Fidget Toys Fidget Poppers
Alerting Fidgets	Alerting fidgets help with focus and attention and a positive way to release energy and move. Noise, Color or light might help with focusing.	Water Tubes Handheld Fan Slinky Rubix Cube Fidget toys that make noise Tablet with music or videos
Tactile Experiences	Some people may need touch and tactile experiences. Tactile stimulation may be used with hands body, head, feet or mouth- each person is different	Koosh Balls Sensory Brush/ Massager Vibrating Snake PlayDoh or Play Foam Low strength Theraputty
Heavier Input	Some people may need ore than touching and feeling items. For people who want to push and pull and need heavier pressure stimulation, they may need higher levels of pressure to achieve a level of calm and	Strong Resistance Balls Therabands Strong Theraputty Large, Wide Rubber bands Weighted gel lap pad Push/Pull Activities (Row, Row, Row your boat)
Social Interactive Items	To help with distraction and to keep brains and hands busy, activities that can be done with a partner or turn taking activities can help calm during periods of waiting	Coloring books Dry Erase Board Tic Tac Toe Games Fidget Poppers Puzzles/ Tangrams I Spy/ 20 Question Games