



## Sensory Survival Kit

Because everyone deserves tools that help them feel calm, capable, and in control

### What Is a Sensory Survival Kit?

A sensory survival kit is a personalized collection of items that help someone manage sensory overload, anxiety, or transitions. It can be carried in a backpack, kept in a classroom, or stored at home—ready whenever regulation is needed.

### What to Include (Customize Based on Needs)

#### Auditory Tools

- Noise-canceling headphones
- Earplugs or soft earbuds
- Calming music playlist
- Sound machine or white noise app

#### Visual Supports

- Sunglasses or tinted lenses
- Visual schedule or cue cards
- Calm-down cards with soothing images
- Low-stimulation coloring pages

#### Tactile Comforts

- Fidget toys (spinners, squishies, putty)
- Weighted lap pad or blanket
- Soft fabric swatches or textured items
- Stress ball or sensory brush

### Smell Soothers (if tolerated)

- Scented lotion (lavender, citrus, vanilla)
- Essential oil roller (optional)
- Scent-free options for those with sensitivities

### Oral Supports

- Chewelry or chewable pencil toppers
- Gum or crunchy snacks
- Water bottle with straw or spout

### Regulation Tools

- Breathing cards or visual prompts
- “Calm Choices” menu
- Timer or watch for transitions
- Emotion check-in chart

### Tips for Building & Using the Kit

- Let the child or teen help choose items—they know what works
- Rotate contents based on age, season, or setting
- Practice using the kit during calm moments
- Include a “safe space” card or signal for when they need a break
- Keep extras in school, car, or caregiver bags

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