



Reading strips

Guided reading strips can be used to support Visual Processing difficulties by blocking adjacent lines so students can concentrate on a single line. When reading independently or aloud in the classroom, students can focus their Attention appropriately and increase their fluency and comprehension.

Motivational Stress Balls

The tactile experience and repetitive squeezing of stress balls can offer a soothing sensory distraction that effectively redirects your attention away from anxiety. For many people, they're a practical and simple-to-use tool for managing brief episodes of stress.

Left & Right Grip Pen Grippers

An incorrect pencil grip can lead to learning difficulties, pain and other issues. The ideal "tripod grip" is recommended as it is the best hand position for handwriting speed and the muscles required are typically strongest and take longer to fatigue.

Zipper Bracelet Anti Stress Fidget

Anxiety/Stress Relief: Fidget toys offer a tactile outlet to relieve stress and anxiety within environments that may trigger these where stress or anxiety levels may be heightened.

Noise reducing ear-plugs

For many people with noise sensitivity, it can be overwhelming and exhausting to socialize when there's lots of background noise. Wearing earplugs can take the edge off the noise, allowing you to stay fully engaged without feeling anxious. And if you find it hard to concentrate when it's noisy, earplugs can help too.

Further tools which can be of support and added to above kit

Movement tool- skipping tool

Heavy work tool- theraband

Tactile tool- fidget oral motor- chewing gum/ tic tac/ mints

Auditory tool- ear plugs

Olfactory- scented lip balm or lotion

Further information can be accessed:

<https://neurodivergentinsights.com/blog/how-to-build-a-sensory-self-soothing-kit>