

# Sensory Soothing Items

Young children often experience anxiety during abrupt changes in their routines, including emergencies and unexpected injuries.

Gather the following items to keep in your Go Bag. They will offer soothing sensory experiences during stressful moments or events.



## Playdough

Touching, squeezing and exploring the playdough relaxes the child. If outside, explore pressing objects into the playdough.

## Book

Let's snuggle up with a book and know we aren't alone. Reading is a familiar activity and will bring comfort in the chaos.

## Mini massager

A gentle way to relax is by rolling the massager on the scalp, back or leg of the child. The child may even enjoy massaging you.

## Sound therapy

Use a triangle or rainstick to make soft sounds. Hum along to familiar children's songs.

## Deck of cards

Let's put our eyes on the cards and look for colors, shapes, numbers.

## Small animal puppet

Invite the child to help you comfort the puppet who is feeling scared and practice talking about feelings.

## Stress ball

Squeeze to release energy or pass time by playing a game of toss and catch.

## Bubbles

Beautiful, soft and a great diversion to redirect the attention of the children.

