

# In-Library SENSORY KIT

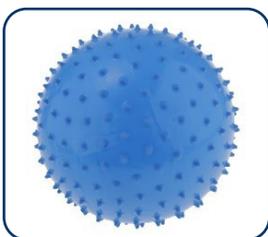
NOT FOR CHECKOUT

This sensory kit contains books and materials to be used in the Library with your family. You can use the ideas listed below for guidance on how to use these items.

- This In-Library Sensory Kit is not available for checkout. In-Library use only.
- Please return this kit to the circulation desk and not in a book drop.
- Please report any missing or broken materials to a library staff member.



After using the kit, please complete a brief survey about your family's experience. ►



## Knobby Balls

- The soft, squeezable texture of the knobby ball can serve as a calming tool for children who are feeling anxious or stressed.
- Rolling the ball back and forth with your child can increase focus and offers a repetitive, calming task.



## Pop Tubes & Fidget Toys

- Playing with small fidgets helps improve fine motor muscles and hand-eye coordination.
- Use fidgets in situations where your child might feel anxious, bored, or not able to maintain focus.
- Small fidgets are discreet and won't be distracting to others.



## Sensory Tubes

- Watching the contents of the tube can provide a calming feeling for your child.
- Encourage your child to focus on the tube until the contents settle to the bottom—flip over to do it again!
- Use as a timer for moving from one activity to the next.

continued ►



## Wiggle Seat

- Use on the floor or a chair to offer more flexibility in movement while seated.
- Different textured sides offer a choice for what feels best for the child.
- Use a wiggle seat during storytime or other library programs.



## Noise-Canceling Headphones

- Help reduce sensory overload by blocking out some of the noises around your child.
- Use to help with focus and concentration during busy times or in distracting situations.



## Sunglasses

- Reduce glare and harsh lighting by wearing sunglasses indoors.
- Children that have difficulty making eye contact can use sunglasses to engage more easily with others.



## Mindfulness Cards

- Each card provides a calming strategy for children. Pick one that benefits your child and do the activity together.



## Breathing Boards

- Use your finger and follow the breathing board to calm and relax your child.
- Try several different breathing techniques to find the best one for your child's situation.



## Feelings Flashcards

- Recognizing and naming emotions is an important concept for children. Pick a few cards and talk about the word and how that emotion is shown in the illustration.
- Ask your child how they are feeling and find that card.



LFPL's sensory kits are made possible by generous funding from WHAS Crusade for Children, the Library Advisory Commission, and the Library Foundation.

Questions? Visit [LFPL.org/SensoryKit](http://LFPL.org/SensoryKit) or call (502) 574-1620.