**Sensory pack**

We recognise that many people with Neurodiverse conditions, can experience overstimulation or under stimulation by their environment referred to as hypersensitivity or hyposensitivity. To support a more inclusive environment we have available this sensory pack.

**Please don’t forget to hand back at the end of your visit.**

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| **Item Name** | **Description** |  |
| Ear defenders / headphones | Ear Defenders can be helpful for individuals who are sensitive to noise and certain sounds.  Good for:   * Reducing sounds around * Provides a safer space for the wearer | A group of ear muffs  Description automatically generated |
| Resistance band | Resistance Bands are stretchy, wide rubber bands that provide proprioceptive input.  Good for:   * Sensory regulation * Helps calm and ground the nervous system * Increases body awareness * Supports emotional regulation | A close-up of a person's hands holding a rubber band  Description automatically generated |
| Fidget Items | Fidget toys can provide a constructive outlet for excess energy. Included are 2 different toys, a Sensory Stretchy hand toy and a Pop fidget toy.  Good for:   * Sensory regulation * Helps calm and ground the nervous system * Supports emotional regulation * Reducing anxiety |  |
| Stress ball | Tactile ball to allow the user to experience a deep and calming pressure to the sensory system.  Good for:   * Reducing anxiety * Applies deep pressure |  |