

# Calming Materials

- Weighted blanket (15lbs)
- Fleece throw blanket
- Weighted snake (5lbs) for shoulder pressure
- Weighted gecko (5lbs) for chest pressure
- Body sock (to minimize sensory overload)
- Noise-cancelling headphones
- Sunglasses
- Massage roller (for deep pressure massage)
- Therapeutic brush
- Breathing sphere

# Fidgets

- Pea pod popper
- Pop tubes
- Snap spinner
- Half-moon squeeze ball
- Tangle Jr Classic
- Bubble popper
- Marble fidget
- Bouncy bands (for chair)
- Wobble disc (to sit on)
- BittyBottoms cushion (filled with PVC balls—to sit on)



## Communication Tools

- Workbook: *I Am Autistic!*  
by Chanelle Moriah\*
- Workbook: *Meet the Overs and the Unders* by Jackie Brown\*
- Clock-face visual timer (5 minutes)
- Liquid Motion visual timer  
(2 minutes)
- LCD writing tablet
- Communication cards

