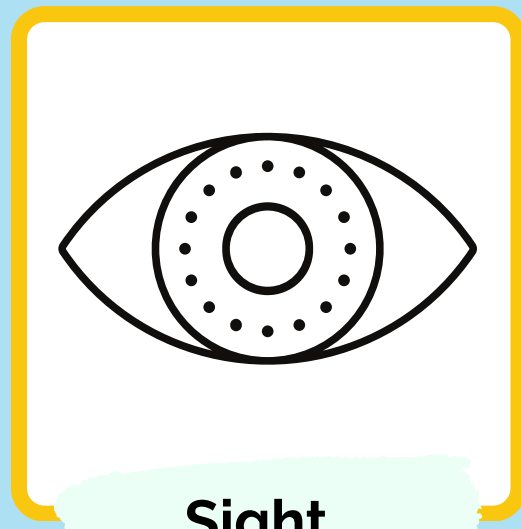


Our 5^{main} senses



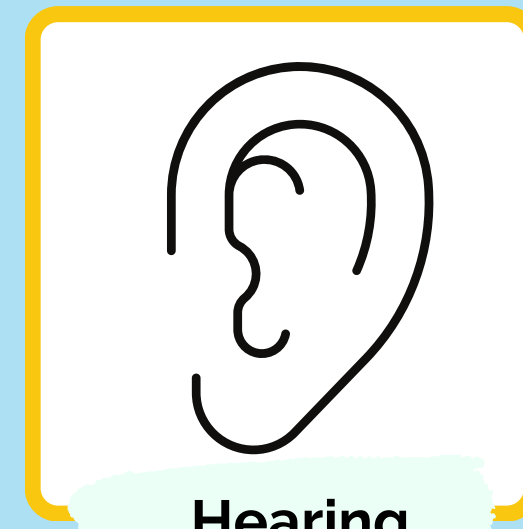
Touch



Sight



Taste



Hearing



Smell

Some people have sensory challenges.



Sensory tools can help you feel calm and safe.

Lots of people use sensory tools to help them

- **concentrate**
- **regulate their emotions**
- **absorb information**

There are many types of sensory items that might help.

Some common items include

- weighted animals
- fidget toys
- balance items
- ear muffs

