



# Sensory Tools

**More than 4.3 million people in Australia  
have a disability.**

Not all disabilities are obvious. Some of  
these disabilities include  
**sensory challenges.**



We have



senses

All day, every day, we are  
surrounded by and experience  
sensory stimulation.

## Our 8 Senses:

- 1 Sight
- 2 Smell
- 3 Taste
- 4 Hearing
- 5 Touch
- 6 Proprioception  
*Where I am in space.*
- 7 Vestibular  
*My sense of balance.*
- 8 Interoception  
*How I feel inside.*

*Sensory tools help us regulate sensory input.*

They help us to receive sensory information in a manageable way.

They can provide calming relief, a therapeutic distraction/replacement, or predictable and repeatable sensory input.

# Sensory tools can assist to

calm

focus

distract

Lots of different people benefit from using some sort of external 'sensory tool' to enable them to:

- concentrate
- regulate their emotions
- absorb information within the environment around them

Working memory helps prioritise tasks and only keeps what is needed at the forefront of our thoughts.

THINK TANK

Listening

Assignment

Thirsty



Soccer

Social Media

Gaming

Gardening

Netflix

Your pet

Lunch play

Some disabilities, learning difficulties, or even stress, can affect how your working memory functions, allowing ALL of the other things you could/should be doing to fight for space in your thoughts.





# Build a wall!



Sensory tools, such as fidget tools, can help build a **mental wall** to separate everything else so that you can focus on the task at hand.



**Some sensory items  
are designed to help be  
the buffer, and can create  
a temporary shelter.**

Once feeling more secure,  
a person is better able to deal with current  
situations and environments.

# Sensory tools

help us regulate  
sensory input

provide calming  
relief

are a therapeutic  
distraction/  
replacement

help us to receive  
sensory information  
in a manageable way

provide predictable  
and repeatable  
sensory input

Some people may seek to  
**stimulate their senses or increase  
their alertness**

for  
example,  
people  
who have  
ADHD

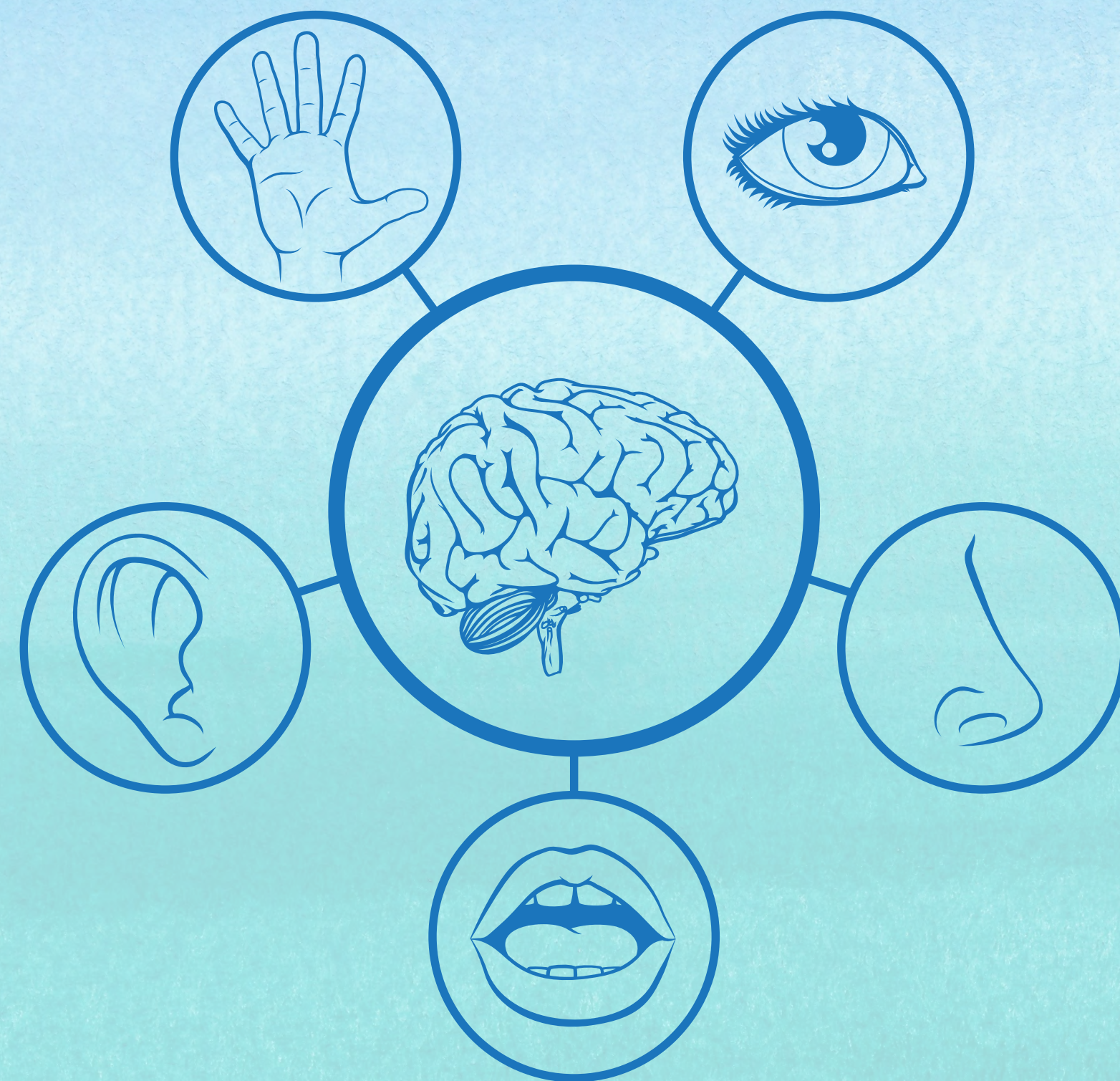
Others may want to **minimise sensory**  
input or **decrease alertness**

such as  
those with  
autism or  
anxiety

The difficulty for others may lie with

**processing specific types of  
sensory information**

such as a specific frequency of sound.



**The important thing to remember  
is that some people experience difficulty  
with **sensory regulation** and may  
**require assistance**  
to achieve a better balance.**



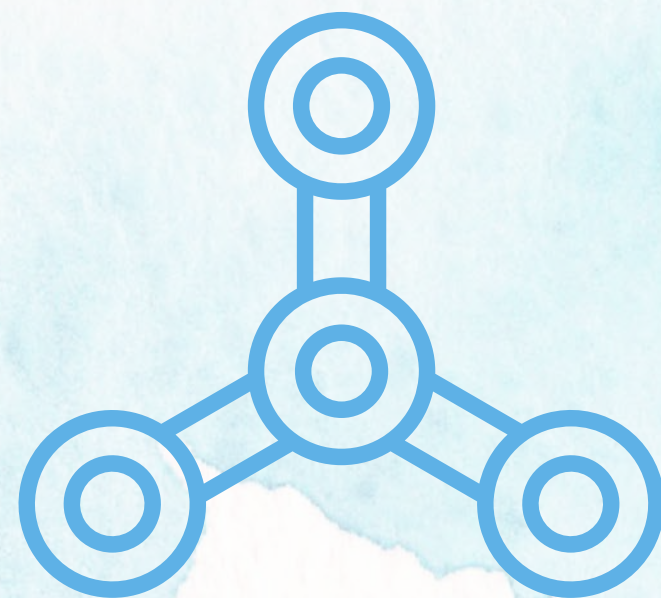
Sometimes if the situation or environment cannot be changed, people can use **sensory tools to assist them to increase or decrease their alertness,** depending on what is appropriate for the situation.



**There are many types of sensory items that might help.**

Some common items include:

- weighted animals
- fidget toys
- balance items
- auditory reducing earmuffs



# Benefits of creating sensory friendly tools

Build skills and confidence in welcoming people with disability.

Reduce sensory barriers so everyone has equal access.

Increase the number of people who can participate.

Sensory tools are not only beneficial for those who are neurodiverse - everyone can enjoy them.