

Sensory Toolkit Builder

A personalised reference for the tools, textures, and environments that help your nervous system feel safe.

Name: _____ Date: _____ Clinician: _____

***Purpose:** Build a personalised sensory toolkit by identifying what helps regulate each sense. Use this with your therapist or on your own as a living document — add to it over time.*

TOUCH & PRESSURE

Items or textures I find calming (e.g. weighted blanket, soft fabric):

Touch inputs I actively seek out:

Touch inputs I must avoid:

SOUND & AUDITORY

Sounds or music that help me regulate:

Tools I use to block or reduce noise (e.g. earplugs, headphones):

Sound environments I thrive in:

VISUAL INPUT

Lighting conditions that feel comfortable:

Visual environments that feel calming:

Visual inputs I need to limit or avoid:

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MOVEMENT & PROPRICEPTION

Movement that helps me feel grounded (e.g. rocking, walking, stretching):

Physical activities that regulate my nervous system:

Positions or postures that feel safe and comfortable:

SMELL & TASTE

Scents that are calming or grounding for me:

Scents I need to avoid:

Foods or tastes that help me feel regulated:

REFLECTION & INTEGRATION

My top 3 go-to regulation tools right now are:

One new tool I want to try:
