

DIY sensory travel kit

If your child gets overwhelmed while you're on the go, try making a sensory travel kit. Pick items from each of the categories below. Use as many or as few as you like, depending on the type of event and how long it's going to last. You and your child can add your own ideas, too. Put the items in a small bag or box to take with you.

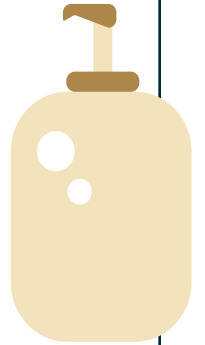
Sound

- Earbuds, folding headphones, or earplugs
- Sticky notes to block sensors on automatic flushing toilets
- Favorite music or audiobook
- Harmonica, kazoo, or other small instruments
- _____



Touch

- Hand lotion
- Fidget or stress ball
- Sensory slime, putty, or clay
- Weighted lap pad or blanket
- Stuffed animal or sensory pillow
- Washcloth and towel with a texture your child likes
- _____



Sight

- Bubbles
- Books
- Sensory bottle or snow globe
- Sunglasses, a hat, and/or car window shades
- _____



Smell

- Scented lip balm
- Coloring books with scented markers
- Familiar toiletries, like shampoo, soap, and toothpaste
- _____



Taste

- Gum or chewable jewelry
- Chewy or crunchy snacks
- Straws or a water bottle with a straw/spout
- _____



Other

- Timer for transitions
- Jump rope or ball for rest stops and destinations
- Travel games
- _____

