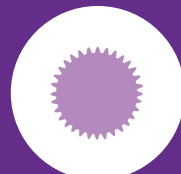
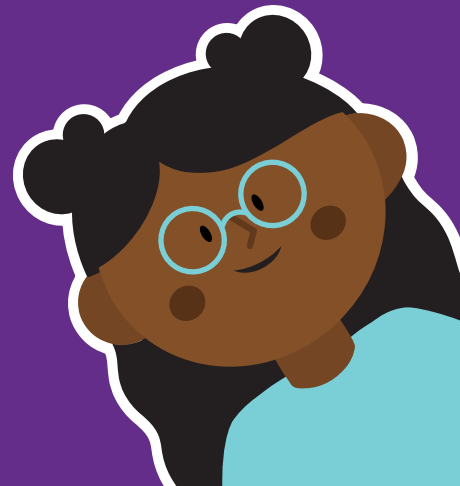


# Autism Sensory Pack



caudwell  
children

Changing Children's Lives



**Our Mission:**  
to deliver  
thousands of  
Autism Sensory  
Packs to children  
across the UK



In this booklet  
you will find hints  
and tips on your  
sensory pack and  
how to use it.

All items should be  
used under adult  
supervision.

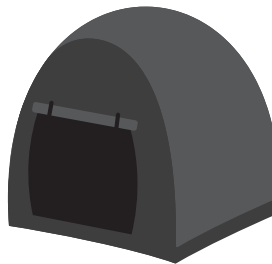
John Caudwell is the Founder and  
Chairman Emeritus of Caudwell Children.  
By covering the charity's annual  
administration and management overheads  
through a personal donation he ensures  
100% of all direct donations is used  
to deliver services to help  
disabled children and families.

To find out more, follow  
John on social media:

 JohnDCaudwell  @johncaudwell  
 JohnDCaudwell



## Dark Den



### Supports with:

1. **Sensory Regulation:** to help your child reduce stimulation
2. **Regulating arousal:** supporting how calm or alert your child is



### Things to try and why:

1. **Dark Den:** Use cushions and blankets to make the space more comfortable
2. **Wind down:** Use other sensory items like the Bubble Lamp to signal calmer times

### Occupational Therapist Tips:

- If your child chooses to go to their dark tent by themselves, it is good to give them space to help them feel in control of their environment.



## Bubble Lamp with Fish



### Supports with:

1. **Visual Stimulation and eye tracking:** your child's ability to control their eye movements
2. **Regulating arousal:** supporting how calm or alert your child is. It emits a quiet 'white noise' sound which some children find relaxing and comforting to focus on



### Things to try and why:

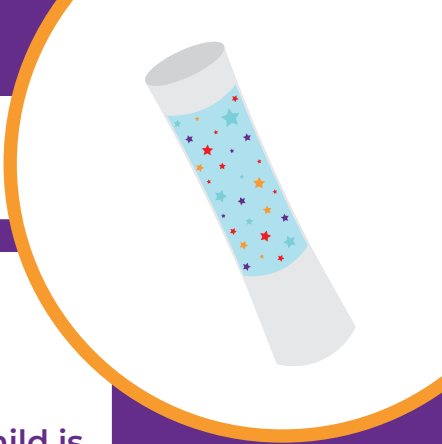
1. **Counting:** Encourage your child to count how many fish of each colour there are
2. **Colour Match:** help your child to say what the colours of the fish are and then find things around the room that are also that colour
3. **Cause and Effect:** If your child is able to use the remote control, encourage them to use it to change the lighting

### Occupational Therapist Tips:

- Your lamp will work best in a dark space. It can be used to calm your child when they might be experiencing stress.



## Shake & shine Glitter lamp



### Supports with:

- 1. Proprioception input:** supporting your child's sense of self-movement and body position
- 2. Regulating arousal:** supports how calm or alert your child is
- 3. Visual stimulation:** your child's ability to control their eye movements
- 4. Motor control:** cause and effect of shaking



### Things to try and why:

- 1. Wind down:** use the glitter lamp as part of a routine to signal calmer times by putting the item down after it is shaken and watching the visual effects
- 2. Time task:** Can you put that toy in the box before the glitter finishes moving?

### Occupational Therapist Tips:

- Encourage your child to turn the glitter lamp over by themselves



## Tambourine



### Supports with:

- 1. Visual Input:** Provides sensory stimulation through your child's eyes
- 2. Auditory input:** what we hear, some children find sound difficult to process
- 3. Proprioception input:** supporting your child's sense of self movement
- 4. Cause and effect:** learning about the effect of movement to produce different sounds



### Things to try and why:

- 1. Listen up:** encourage your child to shake the tambourine to communicate yes or no to questions
- 2. Catch me if you can:** get your child to carry the tambourine whilst sneaking up on you
- 3. Press the button to see the different lighting effects**

### Occupational Therapist Tips:

- Encourage your child to build up their exposure to noise



## Spikey Light Up Ball Set



### Supports with:

- 1. Vestibular and proprioception input:** supporting your child to co-ordinate their movements
- 2. Tactile input:** supporting your child to develop their sense of touch
- 3. Regulating arousal:** supporting how calm or stressed your child is
- 4. Visual tracking:** your child's ability to control their eye movements



### Things to try and why:

- 1. Tactile defensiveness:** some children can be very sensitive to touch. Use these items to explore how your child processes touch. Explore this at your child's pace
- 2. Ball games:** rolling or throwing to a target or a person - these balls light up when bounced

### Occupational Therapist Tips:

- Encourage your child to use them as a massager to decrease sensitivity by gentle touch over different parts of their body



## Fidget Gel/Glitter Shapes



### Supports with:

- 1. Tactile input:** what we feel
- 2. Regulating arousal:** supporting how calm or stressed your child is
- 3. Visual input:** providing sensory stimulation
- 4. Cause and effect:** learning about the effect of movement and pressure to produce



### Things to try and why:

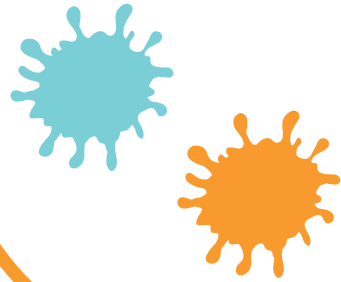
- 1. Colours and shapes:** help your child to say the colours and shapes
- 2. Calming effect:** Watch the stars and moon shapes move inside the gel

### Occupational Therapist Tips:

- Very relaxing and therapeutic aid



## UV Puffer Balls



### Supports with:

- 1. Visual:** providing sensory stimulation through your child's eyes
- 2. Regulating arousal:** supporting how calm or alert your child is
- 3. Proprioception input:** supporting your child to co-ordinate their movements of touch
- 4. Hearing:** you can hear sound of air moving through them



### Things to try and why:

- 1. Shaped and coloured balls light up under the UV torch**
- 2. Cause and effect:** Learn about the effect of different pressures by squeezing, stretching and pulling

### Occupational Therapist Tips:

- Use to develop hand strength and bi-lateral co-ordination (using both hands at the same time)



## Fidget pad with multi coloured keys



### Supports with:

- 1. Regulating arousal:** supporting how calm or stressed your child feels
- 2. Proprioception input:** supporting your child to co-ordinate their movements



### Things to try and why:

- 1. Multiple finger tasks some are silent and some with clicks**

### Occupational Therapist Tips:

- Use the roller for a finger massage
- Easily kept in a pocket for use anytime, anywhere for discreet anxiety management



## Green Ooze tube



### Supports with:

- 1. Visual stimulation and eye tracking:** your child's ability to control their eye movements
- 2. Regulating arousal:** supporting how calm or alert your child is
- 3. Visual representation of time:** this helps your child to understand how units of time pass



### Things to try and why:

- 1. Calming effect:** count the time that passes as the movement happens
- 2. Glows under UV light** - use with the UV torch

### Occupational Therapist Tips:

- It may be useful to use as a timer to support your child with 'now and next' to move from one task to another



## UV Kit includes mini UV torch



### Supports with:

- 1. Visual stimulation and eye tracking:** your child's ability to control their eye movements
- 2. Proprioceptive input:** your child's sense of self-movement and body position
- 3. Tactile:** what we feel, understanding and tolerating sensations such as texture



### Things to try and why:

- 1. Ball games:** rolling or throwing to a target or a person
- 2. The balls are bouncy** - so can be used to throw against something and caught
- 3. Use the spikey ball to explore how your child processes touch.** Explore this at your child's pace

### Occupational Therapist Tips:

- These items reflect brightly when the UV torch is shone onto them, and can be used in the dark den





## Glow in the dark ball



### Supports with:

- 1. Visual stimulation and eye tracking:** your child's ability to control their eye movements
- 2. Proprioceptive input:** your child's sense of self-movement and body position
- 3. Tactile:** what we feel, understanding and tolerating sensations such as texture



### Things to try and why:

- 1. Develop hand strength:** squeeze like a stress ball; pull, twist and stretch the ball
- 2. Listen to the sound when you strum your fingers along the ribs of the ball**
- 3. Massage for the body** - different texture/ sensation than the other balls
- 4. Ball games:** rolling or throwing to a target or a person

### Occupational Therapist Tips:

- Absorbs light then shines when placed in a darkened space, and this works well in the dark den



## Ocean Wave



### Supports with:

- 1. Regulating arousal:** supporting how calm or stressed your child is



### Things to try and why:

- 1. Projects relaxing coloured wave effect on to a ceiling or wall and produces nature sound effect.** Helps with relaxation and getting ready for sleep
- 2. Sounds from different nature places** - can be used to learn places around the world

### Occupational Therapist Tips:

- Use to encourage time out in nature local to you and see what sounds your child can hear
- Can be wired up to another audio source to play music or books





# Caudwell Children transforms the lives of disabled children across the UK.

## Family Support ❤️

Giving families practical support and guidance at home, in hospital or on the phone at the point of diagnosis or during treatment.

## Treatment ❤️

Providing funding access to vital treatments which could dramatically change or save a child's life.

## Autism Services ❤️

Providing practical and emotional support for autistic children and their families. An innovative new programme of multi-disciplinary assessment, practical support and research delivered from our purpose built Caudwell International Children's Centre (CICC) at Keele University.

## Therapy ❤️

Access to life changing therapy programmes for children with cerebral palsy, brain injuries & other associated conditions.

## Supported Holidays & Short Breaks ❤️

Teaching practical life skills through activity programmes, family trips and accredited courses.

## Equipment ❤️

Mobility, sensory and specialist sports equipment that children need to live fulfilled, happy and independent lives.

We've provided thousands of disabled children with a **Get Sensory Pack** – helping to regulate their emotions by stimulating their senses.

Apply for a pack of sensory items now at [www.getsensorypacks.com](http://www.getsensorypacks.com)



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# CAUDWELL CHILDREN WORKSHOPS

Caudwell Children deliver a range of practical and accessible workshops. These workshops focus on some of the key difficulties families may experience when raising a child with a disability and/ or autism.

These workshops can be accessed in person at our International Children's Centre in Keele or online.

Listening to experts by experience is at the heart of everything we do at Caudwell Children. These workshops have been developed in direct consultation with autistic people, parents and beneficiaries.

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## Who is eligible to apply?

To be eligible, you must meet the following criteria:

- You must have a child aged 4-18 years old.
- Your child(ren) must have a chronic illness or disability.
- You must be living legally in the United Kingdom.



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# ABOUT OUR WORKSHOPS

## ● Meeting Sensory Needs Workshop

This provides an introduction to sensory processing and explores how this may impact your child and family. We will also provide you with strategies and tips that you can use in your day-to-day life.

## ● Language and Communication Workshop

This looks at all kinds of communication. We help you and your family to understand your child's preferred method and level of communication and how this can be supported to better understand a young person's wants and needs.

## ● Forming Relationships Workshop

This will help you and your family to understand the importance of play and determine how play can impact learning for your child.

## ● Supporting Positive Behaviour Workshop

This will help you and your family to understand the functions of behaviour and recognise why certain behaviours may be repetitive.

## ● Autism and Wellbeing

This workshop will help you to develop knowledge of common mental health issues and concerns for wellbeing in children and young people with autism.

## ○ Change and Transition

This workshop will provide you and your family with advice about strategies and support that can help during key life transitions.

## ○ Eating

This workshop will help you and your family to understand the developmental stages of eating and drinking. We will support you to recognise how stages of development may affect your child's eating and drinking skills.

## ○ Sleep

This workshop will aim to provide you with some useful strategies and tips to support your family in understanding sleep patterns and identifying habits and recognise how these may impact your child and family.

## ○ Teaching Skills

This workshop will support you and your family to explore a range of strategies to support your child's independence at home, school and in the community.

## ○ Making Sense of Autism Day 1

This online workshop is for parents and carers. It will help you and the rest of your family to gain an understanding of strengths and differences your child may have as a result of their diagnosis.

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**To see how we can support you and your family today, contact us to arrange to speak to a member of the Family Workshops Team.**



☎ 0345 300 1348

✉ [workshops@caudwellchildren.com](mailto:workshops@caudwellchildren.com)

[www.caudwellchildren.com](http://www.caudwellchildren.com)

# Autism Sensory Pack Support Service



Family Support Service

You can call our Family Services Team on 0345 300 1348



Live Online Chat

You can talk to us using our live chat support service



Email Advice

You can email our Family Services Team at [familysupport@caudwellchildren.com](mailto:familysupport@caudwellchildren.com)



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