**Sensory pack**

We recognise that many people with Neurodiverse conditions, can experience overstimulation or under stimulation by their environment referred to as hypersensitivity or hyposensitivity. To support a more inclusive environment we have available this sensory pack.

**Please don’t forget to hand back at the end of your visit.**

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| **Item Name** | **Description**  |  |
| Ear defenders / headphones | Ear Defenders can be helpful for individuals who are sensitive to noise and certain sounds.Good for:* Reducing sounds around
* Provides a safer space for the wearer

  | A group of ear muffs  Description automatically generated |
| Resistance band | Resistance Bands are stretchy, wide rubber bands that provide proprioceptive input. Good for:* Sensory regulation
* Helps calm and ground the nervous system
* Increases body awareness
* Supports emotional regulation
 |  A close-up of a person's hands holding a rubber band  Description automatically generated |
| Fidget Items | Fidget toys can provide a constructive outlet for excess energy. Included are 2 different toys, a Sensory Stretchy hand toy and a Pop fidget toy. Good for:* Sensory regulation
* Helps calm and ground the nervous system
* Supports emotional regulation
* Reducing anxiety
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| Stress ball | Tactile ball to allow the user to experience a deep and calming pressure to the sensory system.Good for:* Reducing anxiety
* Applies deep pressure
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