

# Specialist Equipment Information Sheet

## Whole of environment sensory aid list

### Howdahug chair



It provides postural support which may enable children to sit for longer periods. It increases proprioceptive and vestibular input along the back, legs and movement activating the skin, muscles and joints receptors. The ability to rock backwards and forwards within the chair allows some children to meet their body's movement needs which serves to keep their body calm. A child with a calm body is better supported to focus, attend and concentrate on the environment around them.

### Disc'O'Sit



The inflating cushion creates instability which allows for natural movement and promotes the natural curve and alignment of the back. The ability to wriggle and move gives the child greater sensory feedback through the joints and muscles (proprioception sense) and an increased demand for movement and balance (vestibular sense). This may assist some children to calm their body and increase their focus, concentration and attention.

### Time Timer Plus



The Time Timer can be used to display the time elapsed to stay on task and develop routines. The time has an option for an audible option allowing it to meet the needs of all children. The Time Timer can be used to set time limits, measure the duration of activities and support children with transitions by giving them forewarning with a visual depiction.

### Bilibo



The convex shape means that when sitting inside it a child must move, readjust, rock or spin to avoid tipping over. This requires active use of the core muscles which can help to build strength and endurance and stimulates the vestibular (balance and movement) system and proprioceptive (muscles and joints) senses, which can help to alert, calm and organise the body.

### Body sock



The resistance of the Lycra fabric provides deep pressure through the joints as the child pushes against the fabric and moves around in various ways either standing or sitting; this stimulates the proprioceptive sense and the vestibular sense (our movement and balance system). This provides a fun way to obtain sensory input some children may need to help calm and organise or alert their body.

### Ems Earmuffs



Ems for Kids noise reduction earmuffs help little ears find 'quiet' in a noisy world. By helping to reduce ambient and background noise, a pair of 'Ems' earmuffs help combat sensory overload, filter out distractions and increase calm, while still allowing your child to hear the voice of someone speaking to them.

### Kinderfeets Kinderboard



Helps children develop a sense of balance (vestibular sense) and gain a deep sense of awareness of their body and body parts (proprioception sense). This may support some children to calm their bodies to focus, attend and concentrate. Often use of proprioceptive or 'heavy work' activities before, during or after a movement and balance-based experiences can support a positive, calm and organising effect. Slow, rocking movements are usually calming for our bodies.

### HART Team Partner Chute



Parachute play is an enjoyable way for children to develop motor coordination, team play and collaborative decision-making skills. From a sensory perspective, the colours, textures and games can be a great way to stimulate multiple sensory systems including vision, tactile, proprioceptive (body awareness) and vestibular (balance) senses.

### Cuddle Loop



Designed to mimic the deep touch sensations of a hug or cuddle, the Lycra when wrapped in a swaddle style is intended to provide an even and consistent deep pressure to the body. It is theorised that this pressure stimulates the proprioceptive sense that helps to calm and organise the body.

### Sensory Pod Swing



The cocoon shape may provide a sense of safety and security for some children whilst also reducing visual stimulus. It is designed for small rhythmic movements rather than large fast movements. The swinging motion back and forth, and for some around in a circle, stimulates the vestibular (balance) system.

### Box full of feelings



An all-inclusive resource kit with teacher manual for more than 20 different activities exploring four basic feelings: happiness, fear, anger and sadness. Children learn to understand and recognise the different look and feel of emotions using prop-supported discussions. Over time this leads to increased ability to recognise others' emotions and regulate their own emotions.

## Glitter tube and sensory liquid timer



The timer and glitter tube can be used to set time limits, measure the duration of activities and support children with transitions by giving them forewarning with a visual depiction. They can also be used as a soothing and calming support.

## Chime Balls and Mini Rainstick



Resource for auditory activities, games, social experiences. Can provide inclusion possibilities for children with vision impairment. The sound created can provide soothing and calming effects.

## Fidget toys



Fidget toys are often used to provide sensory input in a less distracting way. They can help improve concentration and attention to tasks by allowing the brain to filter out the extra sensory information (e.g., listening and paying attention to a book during group time). By having a fidget toy, a child may be able to better 'filter out' excess sensory information in their surroundings and their own body, which is causing distraction, and encouraging this sensory information to be focused on a toy in the hands.

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