

Map the difficult input

Sensory needs are personal and can change with stress, pain, tiredness or hunger.

Most difficult today: sound / light / smell / touch / movement / crowds / temperature.

My earliest signs of sensory overload...

Places or situations where I most need a kit...

SOUND: ear defenders, earplugs, familiar audio. LIGHT: tinted glasses, cap, eye mask. TOUCH: soft fabric, fidget, firm pressure item. SMELL/TASTE: unscented product, safe mint or drink. BODY: water, snack, medication, heat/cool pack. COMMUNICATION: needs card or saved phone note.

My essential five items...

Make it usable

Where the kit will live...

A smaller pocket version will contain...

What needs charging, replacing or checking...

My exit phrase: "I am overloaded and need ___ minutes in a quieter place."

Person who should know where my kit is...
