

Low Arousal SpacesWhy

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Sensory tool kit or calm down kit:

Creating a toolkit of materials that are pleasant or calming for the child may help them to regulate themselves. For example, if a child seeks tactile input, perhaps some small tubs of slime or putty may be helpful. Where a child likes visual stimulation, a spinning light or coloured overlays to look through may help. This kit can be kept to hand, and used as and when the child needs it, either in a low arousal space or other space. Some items may be kept on their desk or in their pocket.