

# NEURODIVERGENT

# TOOLKIT



Create a sensory toolkit with things that attend to your sensory needs

Create a sensory safe space you can go to when you are feeling overwhelmed

Notice your physical feelings, behaviour and thoughts to help you recognise your emotions

Understand your support needs and accommodations

Create routines to provide consistency and security

Describe physical sensations to explain how you're feeling

Use breathing and grounding techniques to help calm your nervous system

Build a sensory profile to help to understand your sensory needs