

# Sensory Product Guide

Here are some ideas of some sensory items you or your loved ones may find helpful.

*Disclaimer: Consult your own/your loved one's therapy team before implementing new sensory strategies. Autism Society Alberta does not support, endorse or recommend any method, treatment, product, remedial centre, program, service or professional for individuals with autism or disabilities. It will, however, endeavour to provide impartial information.*

## Oral sensory items

### Under \$25

Chewelry necklaces -  
<https://a.co/d/gsehzaL>

Chew pencil toppers -  
<https://a.co/d/2p1QJPO>

Chewable Zipper pull -  
<https://www.munchables.ca/products/chewy-zipper-pulls>

3 sided sensory toothbrush -  
<https://a.co/d/9zW3roz>

Chewy cotton wristbands -  
<https://specialneedstoys.com/can/proprioception/comforting/chewy-wristbands-set-of-2.html>

### Under \$50

Cloth chew necklaces -  
<https://a.co/d/6jzVmye>

Fabric chew necklace -  
<https://a.co/d/1kdg9Ee>

### Over \$50

z-vibe -  
<https://funandfunction.com/z-vibe-carry-kit.html>

\*\*Website with large variety of  
chewelry -  
<https://www.munchables.ca>



# Active tools and toys

(jumping, climbing, swinging)

## Under \$50

Pod swing - <https://a.co/d/93ln5cy>

Pogo jumper - <https://a.co/d/2Fyudx6>

Sit and Spin disc - <https://a.co/d/0Uy3ahY>

## \$50-\$100

Indoor trampoline with handle - <https://a.co/d/fGREDBe>

Compression swing - <https://a.co/d/8rwavXS>

Textured balance stones - <https://a.co/d/dt6r0xM>

Bilibo spinning seat - <https://a.co/d/h0zJ4f2>

## \$100 and up

Crash pad - <https://a.co/d/8mBhEak>

Compression lycra swing - <https://a.co/d/1ZbTq8z>

Spin disc (up to 165 lb weight limit) - <https://a.co/d/eWoAKsh>

# Fidgets

## Under \$25

Calm strip stickers - <https://a.co/d/9QoHVYp>

Spinner ring - <https://a.co/d/boqJPuD>

Magnetic rings - <https://a.co/d/d90U8uj>

Stretchy noodles - <https://a.co/d/7M8d3jI>

Slug fidget - <https://a.co/d/d45jaVj>

Squishy GooToobz - <https://a.co/d/8ADL2cn>

Squidopop suction cup fidget - <https://a.co/d/6b9zdtq>

## Under \$50

Dimple Digits sensory fidget -

<https://specialneedstoys.com/can/tactile/squidgy-toys/dimpl-digits.html>

Fidget calming tubes - <https://a.co/d/6g5VSeW>

Squishy floor tile (1 pack) - <https://a.co/d/2SQPfiL>

## Over \$50

Sensory tactile floor mats - <https://a.co/d/2NpwVqr>

Squishy floor tiles (4 pack) - <https://a.co/d/8MAP5oI>

# Visual and Auditory items

## Under \$25

Bubble calming timer - <https://a.co/d/d2ZPC64>

Fibre optic lamp - <https://a.co/d/7lyPOh1>

Noise canceling headphones - <https://a.co/d/0dOErbW>

Glitter wand tubes - <https://a.co/d/fXlMvxc>

## Under \$50

Stars and wave light projector - <https://a.co/d/iyp7Exs>

Fluorescent light covers - <https://a.co/d/cK0XOrh>

Small fish tank lamp - <https://a.co/d/glcPqYZ>

Calming jellyfish lamp - <https://a.co/d/4NxtOOk>

Loop in ear noise canceling earphones - <https://a.co/d/eOK8sQ1>

Calming and Sleep noise machine - <https://a.co/d/b2YkqtM>

Relaxing guided meditation lamp - <https://a.co/d/7wIxEv6>

Tornado lamp - <https://a.co/d/2Qb5hAG>

Sensory mirror visual illusion - <https://a.co/d/ae4yn0n>

## Over \$50

Calming 4 foot bubble tube light - <https://a.co/d/8CGnmzT>

Sensory touch wall panel lights - <https://a.co/d/4qdRT0e>

Fibre optic sensory light ropes - <https://a.co/d/fQEVsv>

# Weighted and deep pressure items

## Under \$50

Lycra body sock - <https://a.co/d/ga9DJnj>

Weighted blanket (smaller children) - <https://a.co/d/ca7jtfk>

Weighted blanket (larger children/adults) - <https://a.co/d/5rk17Qh>

Weighted lap pad - <https://a.co/d/0fMwYPx>

Weighted lap animal - <https://a.co/d/gmPmcKr>

## Over \$50

Compression bed sheet - <https://a.co/d/j4PAif4>

Weighted lap animal - <https://a.co/d/aVH2p9c>

Deep pressure cozy canoe - <https://a.co/d/i9gWBo6>

Handmade custom weighted blanket options -

<https://tarascozycreations.com>

Weighted Blankets of Joy (Lakeland, St.Paul area): 780-214-7077

# Sensory clothing

(weighted, compression, tagless)

## Under \$25

Seamless socks kids

<https://www.toolsforkids.ca/collections/smartknit-seamless-products/products/smartknitkids-socks>

Seamless socks big kids/adults

<https://www.toolsforkids.ca/collections/smartknit-seamless-products/products/smartknit-big-kids-socks>

Seamless underwear kids

<https://www.toolsforkids.ca/collections/smartknit-seamless-products/products/smartknitkids-undies>

## Under \$50

Compression shirts - <https://funandfunction.com/ribbed-hug-tee.html>

Compresso-T

<https://www.toolsforkids.ca/collections/smartknit-seamless-products/products/smartknit-compresso-t-shirt>

Sens-ational Hug Tee

<https://funandfunction.com/sens-ational-hug-tee-long-sleeves.html>

## Under \$100

Weighted compression vest kids - <https://a.co/d/2pNYgNj>

Compression shirts - <https://funandfunction.com/ribbed-hug-tee.html>

\*\*Compression clothing website for all ages. (variety of sizes and styles)

<https://calmcare.com/>

# Sensory bin/table activities

## Under \$25

Sensory playfoam - <https://a.co/d/8Cwwitu>

Pop-it brain teaser puzzle - <https://a.co/d/48MbE7b>

Slimy sand - <https://a.co/d/eqJHlLb>

Water beads - <https://a.co/d/6TPS9OI>

## Under \$50

Kinetic sand Zen garden for all ages - <https://a.co/d/2WNqwsJ>

Crazy Aarons Thinking putty - <https://a.co/d/dlaq4Uf>

Water Bead playset - <https://a.co/d/82MDGpT>

Suction cup building set - <https://a.co/d/ORRntOB>

Stacking spin tower - <https://a.co/d/bhzxStK>

Magnetic Building Tiles - <https://a.co/d/9iPGeF7>

Magnatab board with stylus -

<https://specialneedstoys.com/can/motor/fine-motor/magnatab.html>

# Sensory seating

## Under \$25

Inflatable wobble seat cushion - <https://a.co/d/g0JxXgi>

Bouncy bands foot rest - <https://a.co/d/dNPuaF8>

## Under \$50

Vibrating calming seat cushion - <https://a.co/d/em9Xmqe>

Balance ball chair - <https://a.co/d/77Hg7zJ>

## Over \$50

Bilibo spinning seat - <https://a.co/d/h0zJ4f2>

Wobble chair - <https://a.co/d/gyhR4ha>

Yoga ball chair frame on wheels - <https://a.co/d/cjBTBbR>



# Apps

## Calm

<https://www.calm.com/>

### Sensory Light Box

Apple \$5.49:

<https://apps.apple.com/ca/app/sensory-light-box/id533976433>

Android \$3.49:

<https://play.google.com/store/search?q=sensory+light+box&c=apps>

### Fluidity (Free and In App purchases)

Apple:

<https://apps.apple.com/us/app/fluidity-hd/id399403909>

### Colorfy (Free and In App purchases)

Apple:

<https://apps.apple.com/us/app/colorfy-art-coloring-game/id1009442510>

Android:

[https://play.google.com/store/apps/details?id=com.fungamesforfree.colorfy&hl=en\\_CA&gl=US](https://play.google.com/store/apps/details?id=com.fungamesforfree.colorfy&hl=en_CA&gl=US)

### Feelsy: Stress Anxiety Relief (free and In app purchases)

Apple:

<https://apps.apple.com/us/app/feelsy-stress-relief-relax/id1584784222>

Android:

<https://play.google.com/store/apps/details?id=app.feelsy&hl=en&gl=US>

### Breathe Think Do with Sesame (Free)

Apple:

<https://apps.apple.com/us/app/breathe-think-do-with-sesame/id721853597>

Android:

[https://play.google.com/store/apps/details?id=com.sesameworkshop.ResilienceThinkBreatheDo&hl=en\\_CA&gl=US](https://play.google.com/store/apps/details?id=com.sesameworkshop.ResilienceThinkBreatheDo&hl=en_CA&gl=US)

### Dreamy Kid (Free and In App purchases)

Apple:

<https://apps.apple.com/us/app/dreamykid-meditation-app/id1430696683>

Android:

[https://play.google.com/store/apps/details?id=com.chiron.DreamyKidFlutter&hl=en\\_US&gl=US](https://play.google.com/store/apps/details?id=com.chiron.DreamyKidFlutter&hl=en_US&gl=US)

### Chillz Out \$6.99

Apple:

<https://apps.apple.com/ca/app/chillz-out/id917373588>