

Resource List for Sensory Rooms - Sensory Tools

NOTE - The resource list provided below is for reference only. It is not intended as a recommendation or endorsement of organizations, or as a comprehensive resource list. Third party information does not imply endorsement by Holland Bloorview Kids Rehabilitation Hospital or Moira Peña - Sensory Workshops.

Sensory Retreat Zones

- Tents or tunnels
 - <https://www.ikea.com/ca/en/cat/play-tents-20484/>
 - <https://www.fdm.ca/en/sensory-tent-i-4207100>
 - <https://specialneedstoys.com/can/instant-cosy-cave.html>
 - <https://specialneedstoys.com/can/big-play-tunnel-pacific-play-tents.html>
 - <https://www.amazon.ca/kids-tent/s?k=kids+tent>
 - <https://specialneedstoys.com/usa/peek-a-boosee-you-tunnel.html>
 - https://www.amazon.ca/Toddlers-Colorful-Children-Collapsible-Outdoor/dp/B09TH8BDY4/ref=sr_1_5?crd=LNYI00C4C53N&keywords=kids+tunnels&qid=1691685557&prefix=kids+tunnels%2Caps%2C124&sr=8-5

Safe Surfaces

- Foam/gel tiles
 - <https://specialneedstoys.com/can/6-squidgy-floor-tiles.html>
 - <https://www.fdm.ca/en/liquid-tile-50-x-50-cm-i-3915100>
 - https://www.amazon.ca/LaFamille-Interlocking-Floor-Vivid-18Pieces/dp/B08BL9MB8N/ref=sr_1_7?crd=2HDKN5TDYBFFX&keywords=foam+tiles&qid=1691685921&prefix=foam+tiles%2Caps%2C111&sr=8-7
 - https://www.walmart.ca/en/browse/home/area-rugs-mats/foam-mats/10006_20073_6000202114766
 - https://www.uline.ca/BL_1532/Foam-Floor-Tiles?pricode=YC123&AdKeyword=floor%20mats%20for%20children&AdMatchtype=p&gclid=Cj0KCQjwldKmBhCCARIsAP-0rfxGwHgTdPEKVITRDMA_r3mWWkO6kUIGbWpJHfoD19mQ3suQAAi8If4aAhVzEALw_wcB
- Padded mats
 - https://canadamats.ca/products/combo-gymnastic-mats?gad=1&gclid=Cj0KCQjwldKmBhCCARIsAP-0rfwImbT7YfGcSihlZasCXs9r6LcCo7M0Z-QcCK-mpwgTGu24Jl7jWwaAkvxEALw_wcB
 - <https://www.sportssystemscanada.com/collections/gym-mats>
 - <https://www.fdm.ca/en/rainbow-panel-folding-mats-i-1926-1>
- Padded furniture
 - <http://www.benchmark.ca/soft-seating.html>

Visual

- Light dimmers
 - <https://www.canadiantire.ca/en/cat/tools-hardware/electrical/dimmers-switches-timers/light-dimmer-switches-DC0001751.html>
 - <https://www.homedepot.ca/en/home/categories/building-materials/electrical/dimmers-switches-and-outlets/dimmer-switches.html>
- Glow lamps
 - <https://www.fdm.ca/products-search?q=lamp>
 - <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=869>
 - <https://www.amazon.ca/Sensory-Light/s?k=Sensory+Light>
- Fibre optic lights/fairy lights
 - <https://www.fdm.ca/en/fiber-optic-light-source-with-100-strands-i-4208000>
- Bubble tubes
 - https://www.amazon.ca/s?k=bubble+tubes&crd=1QX7MY9F7JJ3B&sprefix=bubble+tubes%2Caps%2C108&ref=nb_sb_noss_1
 - <https://specialneedstoys.com/can/search?query=bubble+tube>
- Light up toys or panels
 - <https://www.fdm.ca/en/interactive-led-tile-i-4221000>
 - <https://www.fdm.ca/en/portable-light-up-table-i-4205000>
 - <https://www.fdm.ca/en/12-colour-light-panel-i-3034000>
- Glow in the dark projectors, stickers, paint
 - <https://www.fdm.ca/en/projector-with-sounds-and-speaker-i-4215000>
 - https://www.amazon.ca/s?k=Projection+Light&ref=nb_sb_noss
 - https://www.amazon.ca/s?k=glow+in+the+dark+stickers&crd=39CAULRYGVIHL&sprefix=glow+in+the+dark+stickers%2Caps%2C116&ref=nb_sb_noss_2
 - <https://www.homedepot.com/b/Paint-Craft-Paint-Glow-In-The-Dark-Paint/N-5yc1vZccc6>
 - https://www.amazon.ca/Paint-Aquaris-Bright-Turquoise-SpaceBeams/dp/B07CR1QN2L/ref=asc_df_B07CR1QN2L/?tag=googleshopc0c-20&linkCode=df0&hvadd=425581879102&hvpos=&hvnetw=g&hvrand=13214430653057855897&hvpon=e&hvptwo=&hvqmt=&hvdev=c&hvdvcmidl=&hvlocint=&hvlocphy=9000782&hvtargid=pla-527353252012&psc=1

Auditory

- Headphones or earmuffs
 - <https://www.toystoolsandtreasures.com/shopping/shopdisplayproducts.asp?Search=Yes&sppp=10&page=1&Keyword=headphones&category=ALL&highprice=0&lowprice=0&allwords=headphones&exact=&atleast=&without=&cprice=&searchfields=>

- https://www.amazon.ca/s?k=sensory+earmuffs&crd=1YX685EM45T1R&sprefix=sensory+earmuff%2Caps%2C103&ref=nb_sb_noss_2
- White noise machine
 - https://www.amazon.ca/Dreamegg-Soothing-Fidelity-Relaxing-Sounds-Portable/dp/B07HKPXXCD/ref=sr_1_1?crd=32DYM4GOKKPM8&keywords=white+noise+machine&qid=1691688313&sprefix=whit%2Caps%2C2666&sr=8-1&ufe=app_do%3Aamzn1.fos.b06bdbbe-20fd-4ebc-88cf-fa04f1ca0da8
- Nature sounds
 - https://www.amazon.ca/HoMedics-SS-2000G-Relaxation-Machine-Nature/dp/B00A2JBMRE/ref=sr_1_2?keywords=nature+sounds+machine&qid=1691688388&sprefix=nature+soun%2Caps%2C99&sr=8-2
 - <https://www.youtube.com/watch?v=ipf7ifVSeDU&pp=ygUac2Vuc29yeSByb29tIG5hdHVyZSBzb3VuZHM%3D>
 - <https://www.youtube.com/watch?v=3mytCl9L2Mk&pp=ygUac2Vuc29yeSByb29tIG5hdHVyZSBzb3VuZHM%3D>

Tactile

- Bean bags
 - https://www.amazon.ca/Pretext-Sports-Outdoor-Family-Carnival/dp/B07VN7VCDZ/ref=asc_df_B07VN7VCDZ/?tag=googleshopc0c-20&linkCode=df0&hvadid=339333115135&hvpos=&hvnetw=g&hvrnd=14616857178231080878&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcmldl=&hvlocint=&hvlocphy=9000782&hvtargid=pla-804913892772&psc=1
 - <https://www.fdmtd.ca/en/teachable-touchables-textured-squares-i-1364>
 - <https://www.fdmtd.ca/en/bean-bag-scarf-set-i-3502000>
- Foam balls/blocks
 - <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=1223>
 - <https://wigglegkids.ca/product/pluffle/>
 - https://www.amazon.ca/JaxoJoy-Building-Toddlers-Stackable-Recommended/dp/B072QZLD5Y/ref=sr_1_1?keywords=foam+blocks+kids&qid=1691766514&sr=8-1
- Fuzzy rugs/carpeting
 - <https://www.fdmtd.ca/en/number-pile-rug-i-4034000>
 - https://www.amazon.ca/Terrug-Bedroom-Living-Carpet-Nursery/dp/B08G1BYKZ2/ref=sr_1_10?crd=CVWBY0N81FFN&keywords=kids+rug&qid=1691766706&sprefix=kids+rug%2Caps%2C129&sr=8-10
- Putty
 - <https://www.fdmtd.ca/en/fdmtd-therapy-putty-i-0301120>

- <https://www.toystoolsandtreasures.com/shopping/shopdisplayproducts.asp?Search=Yes&sppp=10&page=1&Keyword=putty&category=ALL&highprice=0&lowprice=0&allwords=putty&exact=&atleast=&without=&cprice=&searchfields=>
- <https://wigglekids.ca/?s=putty>
- https://www.amazon.ca/08-0328-Silly-Putty-Party-Pack/dp/B072TCB3NZ/ref=sr_1_3?crid=20IWY93Q8GY81&keywords=putty+kids&qid=1691766951&prefix=putty+kids%2Caps%2C120&sr=8-3
- Water, sand or rice tables
 - <https://www.fdm.ca/en/large-sand-and-water-table-i-0922-1-18>
 - <https://www.fdm.ca/en/portable-light-up-table-i-4205000>
 - <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=1187>
 - https://www.amazon.ca/Best-Choice-Products-Convertible-Activity/dp/B07TSWW2F4/ref=sr_1_4?crid=34IH5EWI2RMWH&keywords=water+table&qid=1691767181&prefix=water+table%2Caps%2C122&sr=8-4&ufe=app_do%3Aamzn1.fos.d0e27fc4-6417-4b26-97cb-f959a9930752
- Sensory wall
 - <https://specialneedstoys.com/usa/tactile/walls>
 - https://www.amazon.ca/Toddler-Montessori-Educational-Preschool-Activity/dp/B0B21TSJTW/ref=sr_1_24?crid=3FHV6HZZL1CWL6&keywords=sensory+panel&qid=1691767415&prefix=sensory+panel%2Caps%2C120&sr=8-24

Olfactory

- Diffuser and essential oils
 - <https://specialneedstoys.com/usa/mini-portable-diffuser.html>
 - https://www.amazon.ca/kobodon-Essential-Aromatherapy-Humidifier-Adjustable/dp/B0897VVT1S/ref=sr_1_5?keywords=diffuser+kids&qid=1691767607&sr=8-5&ufe=app_do%3Aamzn1.fos.b06bdbbe-20fd-4ebc-88cf-fa04f1ca0da8
- Scented markers
 - <https://www.walmart.ca/en/ip/mr-sketch-scented-markers-chisel-tip-assorted-colors-12-count-assorted/10027781?from=/search>
 - https://www.amazon.ca/Crayola-Scentsations-Washable-Supplies-Stocking/dp/B00CMM7304/ref=sr_1_6?crid=FUQVGJDWGNR&keywords=scented+marker&qid=1691768092&prefix=scented+marker%2Caps%2C153&sr=8-6
- Scented putty
 - <https://www.fdm.ca/en/scented-fun-putty-i-4134300>
 - <https://specialneedstoys.com/usa/theraputty-scented-exercise-putty-set-drop-ship.html>
 - <https://www.walmart.ca/en/search?q=scented+putty>
 - https://www.amazon.ca/s?k=scented+putty&s=review-rank&crid=2DUBQKKGH AVTT&qid=1691767744&prefix=scented+putty%2Caps%2C104&ref=sr_st_rev

[iew-rank&ds=v1%3AIEeF0BTD RR0618U4IrXbnV8QkS40Oh%2BY4JKedSLe WM4](#)

- Scented stickers
 - <https://www.walmart.ca/en/search?q=scented+stickers>
- Scented toys
 - <https://scentsy.com/shop/c/4462/scentsy-buddies>
 - https://www.amazon.ca/sspa/click?ie=UTF8&spc=MTo4ODM4NzMyNzQ3OTEwOTM0OjE2OTE3Njc5NDE6c3Bfc2VhemNoX3RoZW1hdGljOjIwMDE3OTUzNDgzNDk5ODo6Mjo6&url=%2FAnboor-Monster-Scented-Halloween-Birthday%2Fdp%2FB0BPKWNQXG%2Fref%3Dsxin_17_pa_sp_search_thematic_ssapa%3Fcontent-id%3Damzn1.sym.1c956678-8ce3-4ff6-a3fd-b942e56a71ae%253Aamzn1.sym.1c956678-8ce3-4ff6-a3fd-b942e56a71ae%26crd%3D137HB22NVA009%26cv_ct_cx%3Dscented%2Btoys%26keywords%3Dscented%2Btoys%26pd_rd_i%3DB0BPKWNQXG%26pd_rd_r%3Dbbc001ba-4e16-4c31-ab10-3ed473d6546d%26pd_rd_w%3D3FKmv%26pd_rd_wg%3DJFuEF%26pf_rd_p%3D1c956678-8ce3-4ff6-a3fd-b942e56a71ae%26pf_rd_r%3D6ZRHWNB0XFYTM0C27E90%26qid%3D1691767941%26sbo%3DRZvfv%252F%252FHxDF%252BO5021pAnSA%253D%253D%26sprefix%3Dscented%2Btoys%252Caps%252C123%26sr%3D1-3-acb80629-ce74-4cc5-9423-11e8801573fb-spons%26sp_csd%3Dd2lkZ2V0TmFtZT1zcF9zZWYy2hfdGhlfWF0aWM%26psc%3D1

Proprioceptive

- Exercise balls
 - <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=1194>
 - <https://www.canadiantire.ca/en/pdp/everlast-exercise-ball-1841219p.html?loc=plp>
 - <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=1193>
- Bean bag chairs/pods
 - <https://mybeanbag.ca/collections/adult-pear/products/adult-pear-twill-blue>
 - https://www.amazon.ca/dp/B0BQ6BZ6C8/ref=twister_B0BQ6H2YSY?_encoding=UTF8&th=1
 - https://www.amazon.ca/dp/B0BR3CLYD3/ref=sspa_dk_detail_0?psc=1&pd_rd_i=B0BR3CLYD3&pd_rd_w=rjNcS&content-id=amzn1.sym.d8c43617-c625-45bd-a63f-ad8715c2c055&pf_rd_p=d8c43617-c625-45bd-a63f-ad8715c2c055&pf_rd_r=AJ43TC7GXEY341W0GKE2&pd_rd_wg=HQ861&pd_rd_r=6ae27d96-7ac6-4b0c-8b03-72043e84ec5b&s=kitchen&sp_csd=d2lkZ2V0TmFtZT1zcF9kZXRhaWw
 - <https://www.fdm.ca/en/top-sellers/comfy-peapod-i-4097100>
- Weighted plushes/buddies
 - <https://www.fdm.ca/en/manimo>
 - <https://bb.ca/en/b2c/catalog/special-needs-14/p/weighty-buddies-smiley-sami-50085/>

- Weighted lap pads
 - <https://reachtherapy.me/>

Vestibular

- Balance board
 - <https://specialneedstoys.com/usa/double-maze-board.html>
 - <https://www.fdmr.ca/en/maze-balance-board-i-0911>
- Tunnels
 - https://www.amazon.ca/Toddlers-Colorful-Children-Collapsible-Outdoor/dp/B09TH8BDY4/ref=sr_1_5?crid=LNVI00C4C53N&keywords=kids+tunnels&qid=1691685557&prefix=kids+tunnels%2Caps%2C124&sr=8-5
 - <https://specialneedstoys.com/usa/peek-a-boosee-you-tunnel.html>
- Swivel chairs
 - <http://www.benchmark.ca/pantomove-lupo.html>
 - <https://www.ikea.com/ca/en/p/ikea-ps-loemsk-swivel-armchair-white-red-10407136/>
- Rocking chair
 - <https://virco.com/search?search=rocking+chair&submit=Search>
 - <https://specialneedstoys.com/usa/rocking-bowl.html>

Gustatory

- Chewelry
 - <https://www.munchables.ca/>
 - <https://www.toolsforkids.ca/products/chew-stix-by-sensory-university?variant=956173945>
 - https://www.amazon.ca/ARKs-Textured-Grabber-Xtra-Tough/dp/B00NEZRS12/ref=sr_1_11?keywords=chewelry&qid=1692026991&sr=8-11
 - <https://www.toystoolsandtreasures.com/shopping/shopdisplayproducts.asp?Search=Yes&sppp=10&page=1&Keyword=chew&category=ALL&highprice=0&lowprice=0&allwords=chew&exact=&atleast=&without=&cprice=&searchfields=>

Interoceptive

- Body maps
 - Can be done using bristol board, chart paper, and markers. These can be purchased at <https://www.staples.ca/> or <https://www.walmart.ca/>
 - Examples:
 - <https://www.lrcss.com/blog/what-is-a-body-map-and-how-can-it-help-kids-with-a-utism-cope-with-anxiety>
- Expandable breathing ball

- https://www.toolsforkids.ca/products/expandable-ball?_pos=1&_sid=b278c2e4a&_ss=r
- <https://www.fdm.ca/en/hoberman-sphere-i-233401>
- <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=1026>
- Emotion chart
 - <https://specialneedstoys.com/usa/express-your-feelings-sensory-bottles.html>
 - <https://autismlittlelearners.com/free-self-regulation-chart/>
 - <https://www.andnextcomesl.com/2016/04/free-printable-lego-emotions-chart.html>
- Basic needs communication board
 - <https://aaccommunity.net/2018/11/communication-boards/>

Additional Sensory Tools to Consider

- Fidget toys
 - <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=1088>
 - <https://www.fdm.ca/en/fidget-for-your-digits-i-0215>
 - <https://specialneedstoys.com/usa/loopeez.html>
 - https://www.toolsforkids.ca/products/sensory-stixx-hand-fidgets-by-sensory-university?_pos=6&_sid=af957397b&_ss=r
 - https://www.amazon.ca/Kindergarten-Toddlers-Learning-Preschool-Classroom/dp/B095R8JZBT/ref=sr_1_3?crd=13ER9MBQ7GUZ4&keywords=fidget+toy&qid=1692028218&srefix=fidget+toy%2Caps%2C266&sr=8-3&ufe=app_do%3Aamazon1.fos.b06bdbbe-20fd-4ebc-88cf-fa04f1ca0da8
- Pop its
 - <https://www.fdm.ca/en/pop-it-fidget-i-4105000>
 - <https://wigglegkids.ca/product/bubble-popper-key-chain/>
 - https://www.amazon.ca/GOHEYI-Spinners-Spinner-Sensory-Anxiety/dp/B0922Y3P28/ref=sr_1_1?crd=13ER9MBQ7GUZ4&keywords=fidget+toy&qid=1692028218&srefix=fidget+toy%2Caps%2C266&sr=8-1
- Stress balls
 - <https://www.fdm.ca/en/atomic-stress-ball-i-0947>
 - <https://specialneedstoys.com/usa/ziggy-pasta-stress-ball.html>
 - https://www.toolsforkids.ca/products/stress-puck?_pos=1&_sid=e3b6a70e1&_ss=r
 - https://www.amazon.ca/Genuvi-Anti-Pressure-Squeeze-Silicone-Interactive/dp/B09LYGXZHH/ref=sr_1_4?crd=16QVMEOP68OP&keywords=stress+ball&qid=1692028427&srefix=stress%2Caps%2C146&sr=8-4
- Stretchy tools
 - <https://specialneedstoys.com/usa/textured-stretchy-fidget-noodles.html>
 - <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=1796>
 - <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=1667>

- Putty and equipment
 - <https://www.walmart.ca/en/ip/play-doh-sparkle-and-scents-variety-pack-of-16-cans-of-modeling-compound-and-4-tools-arts-and-crafts-toy-for-kids-3-and-up-non-toxic-multi/6Z532M2NAXQB?from=/search>
 - https://www.amazon.ca/Play-Doh-E1955092-Shape-Learn-Game/dp/B07B3C59K9/ref=sr_1_25?crid=1V7FABDP6UEW&keywords=play+doh+kit&qid=1692028730&sprefix=play+doh+kit%2Caps%2C110&sr=8-25
- Puzzles, instruments
 - <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=1002>
 - https://www.amazon.ca/Melissa-Doug-Animals-Wooden-Puzzles/dp/B00ND5XY84/ref=sr_1_5?crid=27OJDOBXMN37A&keywords=wooden+puzzle+kids&qid=1692028978&sprefix=wooden+puzzle+kid%2Caps%2C117&sr=8-5
 - <https://www.fdm.ca/en/rainmakers-i-0316>
 - <https://www.toystoolsandtreasures.com/shopping/shopexd.asp?id=468>
 - <https://specialneedstoys.com/usa/wooden-xylophone.html>
 - <https://specialneedstoys.com/usa/hand-drum.html>
- Sensory kits
 - <https://www.fdm.ca/en/fidget-kit-i-1967>
 - <https://specialneedstoys.com/usa/sensory-travel-bag.html>
 - <https://specialneedstoys.com/usa/my-sensory-bag.html>

Furniture

- Flexible seating (moveable seat cushions)
 - <https://specialneedstoys.com/usa/round-contemporary-floor-cushions.html>
 - <https://www.fdm.ca/en/set-of-4-square-floor-cushions-i-3535100>
- Balance/wobble cushions and stools
 - http://www.benchmark.ca/store/p1/Hokki_Stool.html
 - <https://www.fdm.ca/en/balance-cushion-fdm-i-3916000>
 - <https://specialneedstoys.com/usa/antimicrobial-wedge-wiggle-seat-sensory-cushion.html>
- Exercise ball chair
 - https://www.amazon.ca/Exercise-Workout-Training-Stability-Classroom/dp/B0B8MV8DS7B/ref=sr_1_19?hvadid=667095410377&hvdev=c&hvlocphy=9000782&hvnetw=g&hvqmt=e&hvrnd=16593947213790721948&hvtargid=kwd-299165830279&hydacr=23336_13656850&keywords=exercise+ball+chair&qid=1692029544&sr=8-19
 - <https://www.fdm.ca/en/modern-ball-chair-i-1632-1>
 - <https://specialneedstoys.com/usa/ball-chair-small.html>