

Sensory Bag/Kit

When we engage our senses in a unique way we can tap into a part of our brain and bodies that makes us feel calmer.

Why not create your very own [SensoryBag/Kit](https://www.barnardos.ie/media/8670/sensory-bag-kit.pdf) <https://www.barnardos.ie/media/8670/sensory-bag-kit.pdf> with your child and include different items that they enjoy which you know will make them feel calm and relaxed in moments when they might need it.