Oklahoma ABLE Tech

Calm & Connect Sensory Exploration Kit

Kit Information

- The borrower is responsible for reviewing each item prior to use and determining appropriate supervision based on the individual's age, abilities, and support needs.
- Items should be used only as intended and discontinued if concerns arise. Oklahoma ABLE Tech is not responsible for misuse of items.



Oklahoma ABLE Tech is proud to partner with the Oklahoma Human Services Community Living, Aging and Protective Services division to make this project possible.

OK ABLE Tech Device Loan Information

Return Instructions for ABLE Tech Loaned Items

1. **Return Deadline:** All items must be returned to ABLE Tech by the due date listed on your packing slip.
2. **Packing Slip:** Refer to the packing slip for details on when and how to return items.
3. **Checklist:** A checklist is included to help ensure that all items are returned.
4. **Verify Contents:** As you pack each item, check the item name and the number of pieces included.
5. **Mark Returns:** Use the provided dry erase marker to mark the **Borrower Check** column on the checklist once the item has been placed back in the return bag.

Calm & Connect Sensory Exploration Kit Check-List

Item Name	ABT Check	Borrower Check	Returned
Wattbubble Sensory Light (1)			
Fidget Sticks (6)			
Light-Up Sensory Tubes (2)			
Sensory Play Jar (1)-**Empty water and dry before shipping**			
Sensory Lava Lap (1 and 1 remote)			

Purpose of The Calm & Connect Sensory Exploration Kit

- The Calm & Connect Sensory Exploration Kit is designed to provide soothing, engaging sensory experiences that support self-regulation, attention, and meaningful interaction.
- This kit combines visual, tactile, and movement-based sensory tools to promote calm engagement, reduce sensory overload, and encourage purposeful exploration across a wide range of ages and abilities.
- The items in this kit offer predictable, gentle sensory input that can help individuals feel grounded, engaged, and relaxed in home, care, or therapeutic environments.

How the Kit Can be Used

- This kit can be used during structured activity time or as part of daily routines to support emotional regulation and sensory needs.
- The kit may be used:
  - During transitions or periods of agitation
  - As a calming activity before bedtime or rest
  - For focused sensory breaks during the day
  - As a shared engagement activity between caregivers and individuals
  - Items can be rotated based on sensory preferences to prevent overstimulation and maintain engagement.
- **This handout provides details for each item in the kit, including a description, key features, and information on where the item can be obtained.**
- The web listings we've linked in this handout may change over time. If you encounter a broken link, try a Google search or searching the vendor's site.

Who May Benefit

This kit may benefit individuals across the lifespan, including those with:

- Autism who benefit from predictable, calming sensory input
- Alzheimer’s disease or other forms of dementia who benefit from visual stimulation, tactile engagement, and familiar repetitive actions
- sensory processing differences
- anxiety, attention challenges, or cognitive disabilities

Caregiver Respite Benefits

- The sensory items encourage independent or semi-independent interaction, allowing caregivers short periods of relief while remaining nearby.
- Caregiver benefits include:
  - Reduced need for constant redirection during sensory-seeking behaviors
  - Opportunities for calm, shared interaction without high cognitive demand
  - Support for de-escalation during periods of restlessness or agitation
  - Flexible use across different environments and times of day
  - By supporting regulation and engagement, the kit can help create moments of calm for both the individual and the caregiver.

Wattbubble Sensory Light



Wattbubble Sensory Light Info Part 1

- The Wattbubble Sensory Light provides visual sensory input through color-changing light patterns and motion-responsive interaction.
- The light changes colors when it is tapped, shaken, or moved, allowing individuals to engage with cause-and-effect visual feedback.
- **The adjustable brightness and lighting scenes can support calming routines, visual focus, or sensory exploration.**
- Individuals who may benefit from this device include people on the autism spectrum; those with attention-related differences such as ADHD; individuals who experience anxiety; people living with Alzheimer's disease or other dementias; and individuals who benefit from interactive visual sensory input.

Wattbubble Sensory Light Info Part 2

- The device measures approximately six and one-half inches in width, six and one-half inches in depth, and five and one-third inches in height.

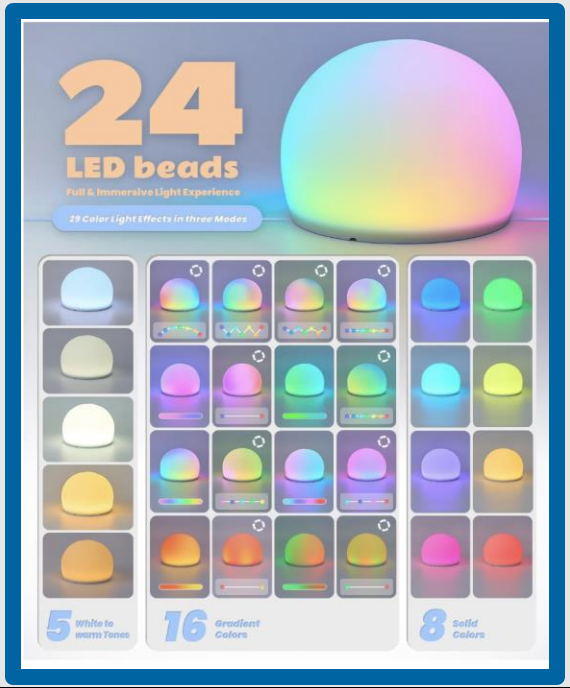
Features:

- Motion-sensing interaction that changes light colors when the device is tapped, shaken, or moved
- Multiple lighting options including solid colors, preset scenes, and nightlight modes
- Adjustable brightness levels to support different lighting preferences
- Rechargeable battery with USB charging capability
- Soft silicone light body designed for safe touch interaction
- Portable design that can be used on a tabletop, nightstand, or desk

Wattbubble Sensory Light Info Part 3

- There are a variety of sensory lights available on the market.
- ABLE Tech purchased our sensory light on Amazon.
- The URL and QR Code will take users to the Amazon listing.

https://bit.ly/4bJcAyW



Fidget Sticks



Fidget Sticks Info Part 1

- The Flexible Sensory Fidget Sticks are assistive technology that provides tactile and proprioceptive sensory input through bending, twisting, stretching, and squeezing movements.
- **The flexible sticks allow individuals to keep their hands engaged while providing repetitive sensory feedback that may support calming, focus, and self-regulation.**
- Individuals who may benefit from this device include people on the autism spectrum; those with attention-related differences such as ADHD; individuals who experience anxiety; people living with Alzheimer's disease or other dementias; and individuals who find quiet, hand-based sensory activities helpful.
- Each fidget stick measures approximately eleven inches in length.

Fidget Sticks Info Part 2

Features:

- Set of six flexible sensory sticks with textured surfaces for tactile input
- Bendable and stretchable design that allows twisting, pulling, and shaping movements
- Quiet sensory tool that can be used in classrooms, therapy settings, or care environments
- Bright colors that support visual engagement and sensory exploration
- Lightweight and portable design for use in sensory kits, bags, or desk spaces
- Designed for repeated manipulation and hands-on sensory interaction

Fidget Sticks Info Part 3

- There are a variety of fidgets available on the market.
- ABLE Tech purchased our set from Amazon.
- The URL and QR Code will take users to the Amazon listing.

https://bit.ly/3Odi2kq



Light Up Sensory Tubes



Light-Up Sensory Tubes Info Part 1

- This device is assistive technology that provides visual sensory input through slow-moving glitter suspended in liquid and illuminated with colored lights.
- The gentle motion and changing light effects can support calming, visual tracking, and sensory regulation.
- **The tubes can be shaken or turned to watch the glitter slowly fall, providing predictable visual movement that may help individuals focus or relax.**
- Individuals who may benefit from this device include people on the autism spectrum; those with attention-related differences such as ADHD; individuals who experience anxiety; people living with Alzheimer's disease or other dementias; and individuals who benefit from interactive visual sensory input.
- Each sensory tube measures approximately seven to eight inches in height and about two inches in diameter.

Light-Up Sensory Tubes Info Part 2

Features:

- Set of four liquid sensory tubes with different colors and visual effects
- Glitter suspended in liquid that slowly moves when the tube is turned or shaken
- Internal light that illuminates the liquid and glitter for visual engagement
- Sealed, leak-resistant construction designed for repeated handling
- Can be used during quiet time, sensory breaks, or relaxation routines
- Portable size that can be used in classrooms, therapy environments, or home settings

Light-Up Sensory Tubes Info Part 3

- There are a variety of sensory lights available on the market.
- ABLE Tech purchased our sensory light on Amazon.
- The URL and QR Code will take users to the Amazon listing.

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Sensory Play Jar



Sensory Play Jar Info Part 1

- The Sensory Play Jar is assistive technology that provides both visual and tactile sensory input through a light-up jar filled with water and optional sensory materials.
- When activated, the jar cycles through multiple colors and responds to touch, allowing individuals to observe changing light patterns and interact with the contents.
- **The combination of movement, light, and hands-on exploration can support calming, focus, and sensory regulation.**
- Individuals who may benefit from this device include people on the autism spectrum; those with attention-related differences such as ADHD; individuals who experience anxiety; people living with Alzheimer's disease or other dementias; and individuals who benefit from interactive visual sensory input.

Sensory Play Jar Info Part 2

- The sensory play jar measures approximately five inches in height and three inches in diameter.
- **Features:**
  - Water-activated light that cycles through multiple colors to provide visual sensory input
  - Tap-activated color changes that support cause-and-effect interaction
  - Can be filled with water and optional sensory items (such as glitter or small objects) for customizable sensory experiences
  - Spill-resistant locking lid designed for use at home or on the go
  - Built-in timer that dims after approximately ten minutes and turns off after approximately fifteen minutes
  - Portable size for use in sensory kits, travel, or quiet activity spaces

Sensory Play Jar Info Part 3

- There are a variety of sensory items available on the market.
- ABLE Tech purchased our sensory play jar from GloPals.
- The URL and QR Code will take users to the GloPals listing.

https://bit.ly/4s1kjwX



Sensory Lava Lamp



Sensory Lava Lamp Info Part 1

- The sensory lava lamp is assistive technology that provides visual sensory input through slowly changing LED colors and gentle light patterns.
- **The lamp creates a calming visual environment that may support relaxation, attention, and sensory regulation.**
- The adjustable lighting modes allow individuals to customize the visual experience for calming routines, quiet time, or sensory exploration.
- Individuals who may benefit from this device include people on the autism spectrum; those with attention-related differences such as ADHD; individuals who experience anxiety; people living with Alzheimer's disease or other dementias; and individuals who benefit from interactive visual sensory input.

Sensory Lava Lamp Info Part 2

- The lamp may be used in sensory rooms, bedrooms, therapy spaces, classrooms, or relaxation areas.
- The lamp measures approximately twelve and one-half inches in height and three inches in width.

Features:

- Color-changing LED light with multiple lighting modes
- Remote control for adjusting colors, brightness, and effects
- Multiple lighting effects and adjustable speed settings
- Optional timer function for automatic shut-off
- Music-responsive mode that changes lights based on sound
- Designed for use on a desk, nightstand, or tabletop

Sensory Lava Lamp Info Part 3

- There are a variety sensory lights available on the market.
- ABLE Tech purchased our sensory lamp from Amazon.
- The URL and QR Code will take users to the Amazon listing.

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