



### MANIMO WEIGHTED ANIMALS

Created for kids with learning challenges, these weighted animals calm, soothe and comfort children with ASD. Great for class, during homework time or bedtime, they help decrease anxiety, better handle stress and feel centered no matter what their environment. \$50 [manimo.ca](http://manimo.ca)

### EZPZ HAPPY MAT

The Happy Mat is an all-in-one placemat + plate that suctions to the table and captures mealtime mess. Made from food safe silicone, it gives children with autism a sensory experience with a smile! \$25 [ezpzfun.com](http://ezpzfun.com)



### TIME TIMER VISUAL TIMER

Through visual cues, this timer empowers those with ASD to 'see' time pass as the red disk disappears. Helps with transition anxiety, sensory overload and sticking with routines. Perfect for kids of all ages and adults. \$40 [timetimer.com](http://timetimer.com)



### SENSEEZ VIBRATING PILLOW

These lightweight, fun-shaped and portable vibrating cushions offer a gentle sensation when they are squeezed or sat on to soothe the body. Great for home, school or on the go to help with relaxation, focus & calming anxiety. \$30 [senseez.com](http://senseez.com)

### NO NOISE FIDGET BOX BY FIDGET CLUB

Hand picked by an autistic individual, this box features the most popular silent fidgets to busy the hands and free the mind. Perfect for classrooms, lectures, desks and meetings to always have a fidget on hand. \$40 [fidgetclub.com](http://fidgetclub.com)



### GONGE TACTILE DISKS

Ideal for either hand-held or floor based activities, these disks challenge children's sense of touch and their ability to describe sense impressions. The sight of these colorful disks arouses playfulness and a desire to touch, feel and explore. \$100 [amep.com](http://amep.com)



### EMS EARMUFFS FOR KIDS

Light but sturdy and designed to take anywhere from sporting events to air travel. Reduces noise but still allows kids to hear the voice of parents, these are ideal for any child with ASD or sensory challenges. \$27 [earmuffsforkids.com](http://earmuffsforkids.com)



### HARKLA WEIGHTED BLANKET

This blanket is designed with your family in mind. Great for troubled sleep or sensory processing disorders. The soft minky fabric, combined with the dots, and added weight make a sensory input trifecta! The blanket comes in 3 colors and 6 sizes for the perfect fit. \$170 [harkla.co](http://harkla.co)

### CHEWIGEM JEWELRY

This line of jewelry provides a perfect alternative for those with ASD who have the need to chew when anxious or overstimulated. Made of silicone, these self-soothers are safe, stylish and discreet. \$20 [chewigemusa.com](http://chewigemusa.com)



# NOTABLE SENSORY ESSENTIALS

Here are nine different sensory tools that cater to the various needs of individuals (and especially children) with autism spectrum disorders (ASD). These tools are designed to help those with ASD navigate everyday life without sensory overload.

“Overwhelmed by all the products out there for children with autism? You can feel confident about the Notable 9. My patients and my son love these products! I highly recommend them.”

Holly Blanc Moses, MS BCBA LPC LPA  
The Mom/Psychologist Who Gets It  
Crossvine Clinical Group, PLLC, Raleigh, NC