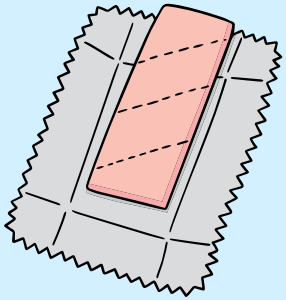
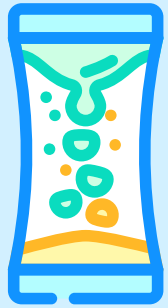
George's Sensory Kit

Hear: A pair of earbuds or headphones



Taste: A pack of gum or mints

Touch: A stress ball and a cozy jacket



Smell: calming essential oils

See: Sunglasses and some visual fidget toys