
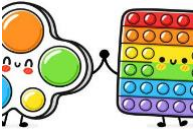







## Experience Backpacks For All

	<p><b>For Noise &amp; Overstimulation</b></p> <ul style="list-style-type: none"><li>• <b>Noise-reducing headphones or ear defenders:</b> Help block out loud or unexpected sounds, making the environment less overwhelming.</li><li>• <b>Sunglasses or light-dimming glasses (for light sensitivity):</b> Reduce sensitivity to bright lights or visually stimulating spaces.</li></ul>
	<p><b>For Tactile Stimulation/Regulation</b></p> <ul style="list-style-type: none"><li>• <b>Fidget toys (spinners, cubes, tangles, stress balls, putty/clay):</b> Provide an outlet for excess energy and help with focus.</li><li>• <b>Small textured objects or fabric swatches:</b> Offer soothing tactile input and grounding through touch.</li><li>• <b>Weighted lap pad (small, portable version):</b> Provides calming deep pressure input that can reduce anxious feelings.</li></ul>
	<p><b>For Comfort &amp; Calming</b></p> <ul style="list-style-type: none"><li>• <b>Soft plush toy or small weighted stuffed animal:</b> Gives comfort, grounding, and tactile soothing.</li><li>• <b>Chewelry (chew-safe silicone necklace/bracelet)-</b> this would be individually wrapped and the guest would keep this item if used: Supports oral sensory needs in a safe, appropriate way.</li></ul>
	<p><b>For Focus &amp; Engagement</b></p> <ul style="list-style-type: none"><li>• <b>Mini dry-erase board and marker (for communication or drawing):</b> Allows nonverbal communication, drawing, or expressing needs.</li><li>• <b>Picture communication cards (e.g., feelings, "I need a break," "bathroom"):</b> Gives visitors a simple tool to express themselves quickly.</li><li>• <b>Simple puzzle or stress-relief activity booklet with crayons:</b> Provides a calming, structured activity during breaks.</li><li>• <b>Activities for your museum:</b> Create activities (treasure hunt, image search, etc.) that are specific to your organization.</li></ul>
	<p><b>For Transitions &amp; Breaks</b></p> <ul style="list-style-type: none"><li>• <b>Small timer (visual/sand timer or digital) to help with pacing:</b> Supports time management and eases transitions by making time expectations clear</li><li>• <b>Map of sensory-friendly spaces or quiet zones in the museum:</b> Guides visitors to calming areas when they need a break.</li><li>• <b>Visual schedule card (basic icons for "enter," "look," "rest," "exit"):</b> Helps with predictability, transitions, and reducing anxiety about "what comes next."</li></ul>

*Customize your museum journey with tools to help you feel comfortable, focus, engage, and enjoy your visit, your way.*