



More than just books, sensory kits provide a layered approach to emotional and physical learning. Each kit contains 2 books as well as toys, games and tools. These kits can be placed on hold and picked up at any Leon County Public Library location.

Scan this QR code to access our webpage where you can learn more and place holds.



Please explore our themed kits below and on the back of this page:

### Emotions

Exploring and identifying our emotions is the best way to start learning to control them. The books and activities in this kit are designed to encourage emotion regulation and how to identify emotion in yourself and others.

### Mindful Moments

Meditation, yoga, and breathing exercises are some of the best ways to calm your mind and body. The books and activities in this kit are designed to teach and encourage calming practices through various tools.

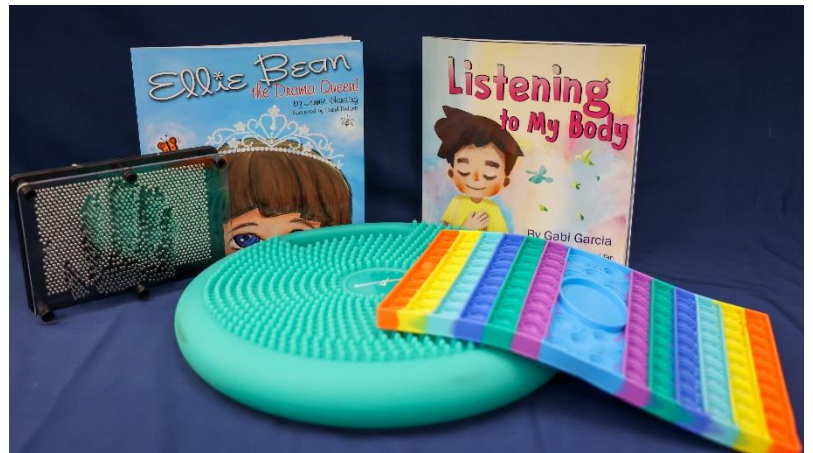
## Overstimulation Solutions

Sensory Overstimulation can occur when the brain is overwhelmed trying to process and sort through information it's receiving from the five senses. The books and tools in this kit are designed to help you understand and cope with sensory overstimulation.



## Sensory Stimulation

Sensory stimulation is the input and sensation you receive when one or more of your senses is activated. Using these tools can free your mind to focus and the books and tools in this kit are designed to help you explore this.



## Fine Motor Fun

Fine motor skills refer to precision, dexterity, and coordination of the hands. The books and activities in this kit are designed to help you build coordination and dexterity when using your hands. This is also an important part of learning to read and write!



## Gross Motor Fun

Gross motor skills require whole body movement and involve the large muscles and balance. The books and tools in this kit are designed to help build gross motor strength for everyday functions and self-care skills needed throughout life.

