



## Create your own EDI kit

Having an EDI kit for your section can provide valuable support for young people with sensory or emotional needs.

They can also be used to engage early finishers who may have need to be kept busy or as a bridging activity for those who are struggling to join in.

Perhaps create quiet space by combining an EDI kit with other quiet activities such as construction toys or mindful colouring.

Putting your kit in a small rucksack or draw-string bag enables you to take it with you on all your scouting adventures.

### What to include:



#### Ear defenders

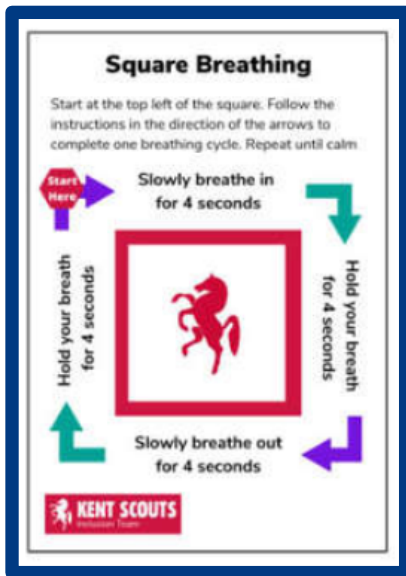
Some young people find coping with noisy environments difficult to cope with, and providing some ear defenders can offer relief. Please be aware that hearing ability is reduced, and you need to ensure instructions and safety rules are heard.

#### Fidget toys

Fidget toys are used to support young people who may need sensory feedback to remain calm or to regulate emotionally. They can also support people who may need support with concentration or remaining engaged.

#### Puzzle cubes

Puzzle cubes are a popular addition to your EDI kit. They can be used to support calming, reduce anxiety by diverting the persons attention, or offered as a quiet activity.



## Breathing Cards

Breathing cards are a visual way to support a person to use deep breathing techniques to support them to calm down, self-regulate or reduce anxiety.

## Bubbles

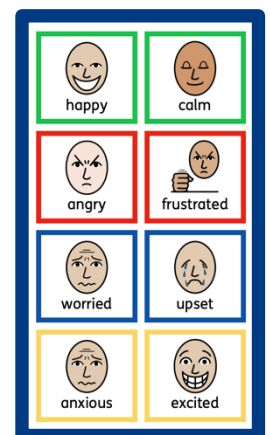
Blowing bubbles can offer a sensory visual distraction for a young person in need of regulation support and can calm a young person when feeling anxious or having a panic attack.

## Tubs of dough

Dough is a great addition to your kit as it provides a positive sensory feedback experience and can offer a creative distraction for those needing to calm or quiet entertainment.

## Feelings Visuals

Expressing how you are feeling for some young people is difficult, especially when anxious or upset. For younger members, Feelings Visuals can be used to support a young person to show how they are feeling. For older members, using feeling visuals is a great way to support someone to express how they are feeling.



Each young person is an individual, so discuss what they would like to have in the kit. They might have some other ideas to add to your collection.



*Check out our Stim Toys and Sensory Tool kit booklet for a guide to supporting young people with sensory regulation.*