

# Sensory Box Kits

23<sup>rd</sup> Nepean – Voyageur Council

**Critical Shift:** Sections are equipped to welcome and include all youth.

## Our Story:

Voyageur Council had heard on multiple occasions that Section Scouters did not feel they had the training or tools available to confidently deliver programming to youth with exceptionalities and behavior management challenges. Learnings from the opening of a new Section for youth with exceptionalities (Super Kids) allowed the Voyageur team to design sensory boxes, making them available for Groups and Sections to order!

## The Problem:

Section Scouters do not feel confident or supported to deliver programming to neurodivergent youth or those with behavioral challenges. As a result, Sections are not equipped to welcome and include all youth on amazing adventures.

## Our Solution:

In effort to combat this problem, the team designed Sensory Boxes and sent out invitations to all Groups in the Council to pre-order the kits. These kits were designed to be easy to ship, including a selection of sensory tools and resources, instructions on how to use the items (indoors and outdoors) and information on different exceptionalities they may be supporting.

## How It Works:

- Gives Scouters a tool to help manage behaviour.
- Demonstrates the importance of acceptance and inclusivity to all by providing simple, thoughtful additions to meetings.
- Facilitates open communication with parents, which is crucial to supporting youth with exceptionalities.



## What Success Looked Like:

"What struck me was that one youth who often struggles with staying in the group as loud sounds are difficult for him, kept going back to the box and getting things as he needed."

"He appeared calmer and actively participated in all the activities. It was one of his best meetings!"

"He was able to stay at opening and hear all the instructions for the evening and his demeanor was so calm and happy."



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## Give it a Try!

### Step-by-Step

- 1. Identify Needs:** Recognize the challenges and needs within your Group or Section.
- 2. Gather Materials:** Collect sensory items that can benefit youth with sensory sensitivities.
- 3. Create the Sensory Box:** Find a suitable container to store the sensory items. Add instructions and information guides attached.
- 4. Present to Section:** Explain purpose of the Sensory Box to the entire Section: to support focus, calmness, and inclusivity for all youth.
- 5. Encourage Utilization:** Encourage all youth to utilize the sensory tools when needed during activities.
- 6. Monitor and Adjust:** Continuously monitor youth and be open to adjusting items based on individual needs.
- 7. Facilitate Open Communication:** Maintain open communication with parents/guardians about the effectiveness of the sensory tools for their child.
- 8. Celebrate Success and Progress:** Acknowledge and celebrate the positive changes and successes observed among youth.



### Downloads

[Sensory Kit - How to Guide](#)  
[Mindful Breathing Resource](#)  
[Zones of Regulation Resource](#)

### What Do I Need?

- Sensory Items
- Storage Container
- Educational Resources (See Downloads)
- Collaboration and Support
- Feedback Tools

Provide your feedback on this Trail Card by clicking [HERE](#)  
E-mail your own Scouter Solution to: [BetterPrograms@Scouts.ca](mailto:BetterPrograms@Scouts.ca)

