

Sensory Cart Guide

Creating Inclusive Sensory Supports in Jewish Spaces

Sensory carts are a simple but powerful way to support accessibility, regulation, and meaningful participation in Jewish communal life. This guide includes practical setup ideas, suggested sensory tools, and sample signage to help your organization create welcoming and inclusive environments.



Why Sensory Supports Matter

Sensory supports are not just for children - many teens and adults benefit from movement, tactile input, visual supports, or noise reduction.

1 GETTING STARTED

- ✓ Choose a visible and accessible location for the cart.
- ✓ Train staff or volunteers on the purpose of the cart
- ✓ Decide whether items will be reusable or disposable.
- ✓ Use rolling cart, baskets, or shelving unit.



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SUGGESTED ITEMS



FIDGETS & HANDHELD TOOLS

- Monkey noodles
- Pull & stretch balls
- Textured tangles
- Sensory bracelets
- Squishy sensory toys



VISUAL & CALMING SUPPORTS

- Liquid motion bubbler
- Discovery disc



MOVEMENT & SEATING SUPPORTS

- Wiggle seats
- Weighted lap pads
- Noise-canceling headphones



QUIET SPACE ITEMS

- Foam blocks
- Clip connect toys
- Magnetic shul set
- Books

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BEST PRACTICES



Normalize Use

Normalize use for participants of all ages.



Keep It Clean

Keep items clean and regularly restocked.



Keep It Accessible

Make sensory supports available and easy to access.



Gather Feedback

Ask for feedback and continue improving.

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SAMPLE SIGNAGE

Sensory tools are available for anyone who may benefit from movement, tactile input, visual supports or noise reduction.

Please feel free to borrow an item from the cart that best supports your needs. At the conclusion of the program we kindly ask that you clean the items and return them to the cart.