

INCLUSIVE EDUCATION RESOURCES

FEBRUARY 2026

SENSORY KITS

We have heard the terms that relate to the word sensory, but many students are now experiencing high sensory needs. To fully understand what students are going through, we need to dissect the word sensory itself.

We all have 5 senses that contribute to how we live daily – sight, smell, touch, taste, and sound. When someone has a sense that is not “normal” or as strong as the others, they may have a sensory impairment. Sensory impairments are when at least 1 of the 5 senses aren’t functioning properly. This would then encourage the other senses to be heightened, as they have to make up for the missing information they usually get from the weaker sense.

When we look at sensory preferences, we need to keep in mind that not everyone is going to be the same. For example, if two people were both wearing the exact same sweater, one person might find the sweater to be itchier than the other person. That is based off their own sensory preference and what their body is telling their brain.

As we dive further into sensory needs and preferences, we will begin to see that there are sensory processing needs that individuals have. Sensory seeking is when someone is craving additional sensory input, whereas sensory avoiding is when the person is becoming overstimulated by the sensory experience. It is very important to determine which sensory processing need your student is experiencing, as it can alter the process of addressing it and helping them.

There are many challenges that individuals face when their sensory preferences are not met. These could include discomfort or pain, tiredness or trouble focusing, mood swings, emotional distress, and/or difficulty with self-regulation.

It is important to recognize everyone’s sensory differences and needs. We should continuously work towards creating an inclusive environment for our students and take into consideration their preferences.



MONTHLY RESOURCES

Sides & Senses: A Choice-Making Movement Lesson (Gr 3-5)

Kids explore their sensory preferences by choosing left/right/both on a fun worksheet. With the option of a lively whole-class movement activity, this lesson gets everyone up and choosing sides to reveal surprising group patterns, following with thoughtful discussion.

Through a Different Lens (Gr 6-8)

Students uncover their sensory styles by completing a worksheet twice—for themselves and for the class. A fast-paced movement activity reveals group trends, then small groups role-play learner profiles to design inclusive strategies.

CLKD'S INCLUSIVE EDUCATION MONTH CONTEST - FEB 2026

Each February, CLKD hosts an Inclusive Education Month contest. **Win a pizza party** by sharing pictures, videos or stories highlighting how you learned about or implemented inclusive practices. If you utilize any of the provided resources or introduce your own inclusion-focused lessons, **take photos** and share with us in February!