

Trauma Informed Gift List

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ACTIVITIES

Classes – cooking, dance, gymnastics, art (think of it as respite!)

Tickets to a children's production

Tokens for Chuck-e-Cheese or an arcade

Gift certificates to a local bounce house, Sky Zone, etc.

MEMBERSHIPS

Family membership to your local zoo, children's museum, aquarium, botanical garden, YMCA

(and of course an ATN membership makes a great gift for you!)

CREATIVE ACTIVITIES

Art & craft supplies

Construction toys - Legos, K'nex, Make-do (www.mymakedo.com)

FAMILY TIME

Card games, board games

Videos, video games

Stove-top hand-crank popcorn popper

ACTIVITIES

(many of these count for sensory stimulation as well!)

Fun fitness videos / games (Wii / Xbox Kinect)

Nerf toys, nerf guns

Indoor crawl tunnel

Scooter, bike, jump rope, pogo stick, scooter board

Mini trampoline, moon shoes, jump rope, pull-up bar Slackline

Hoops for hooping (and segmented ones can be used to make hoop mazes, helping kids with proprioception and vestibular senses)

SENSORY TOYS / SUPPLIES

Chewelry, fidgets - www.nationalautismresources.com/chewelry.html

Weighted blankets, weighted vests www.capeable.com

Bilibo <http://www.bilibo.com/> great for rocking, spinning, and so many other uses

Cocoon sock (www.esportsonline.com, www.amazon.com)

Belgau balance board

MEDIA

Books, audiobooks, movies (All of these can be for family time or individual time)

CDs with relaxation / meditation themes (Deep Sleep Every Night knocks me out before the first track is half over, every time)

Gift cards for Amazon, Barnes & Noble, Audible.com

Video games – especially fitness, active, or family suitable

Becky Bailey music CDs

And, of course, the book *I Love You Rituals* by Dr. Becky Bailey)

AT-HOME THERAPEUTIC & EDUCATIONAL

HeartMath

Audiblox

Fast ForWord

AVE Audio Visual Entrainment (www.mindalive.com; webinar here <http://tinyurl.com/dydk4py>)

MISCELLANEOUS

Batteries for electronic devices

Basket of favorite snacks / treats

Bubble wrap

Gift certificate for a local drop-in daycare

Gift certificate for respite