

Meet “Busy-Bee Ben” – 10 years old

Constant Mover, Likes to Fidget

- I’m always on the go and love to keep my hands busy! Movement helps me focus and stay calm during Mass.

Sensory Needs:

- ✓ Loves to fidget
- ✓ Needs help staying focused
- ✓ Benefits from quiet breaks



What’s in My Buddy Bag (and Why!):

Stretchy Band – Keeps my hands busy and helps me move without leaving my seat.

Fidget Bag – Helps me calm down and gives my hands something to do when I need to focus.

Hand-Held Timer – Helps me understand how much time is left in Mass.

Mass Check-Off Chart – Shows me what’s happening next so I don’t feel lost.

Wobble Seat – Let’s me move my body while seated during Mass.

Meet “Sensitive Sophia” – 12 years old

Easily Overwhelmed, Needs Comfort

- I feel things deeply- lights and sounds can bother me, and I need tools that help me feel safe and calm.

Sensory Needs:

- ✓ Sensitive to loud sounds and bright lights
- ✓ Needs calming visuals
- ✓ Benefits from soft, quiet tools



What’s in My Buddy Bag (and Why!):

- Squishy Toy – Helps me release stress through squeezing.
- Small Doodle Pad – Gives me a quiet way to express feelings and stay busy.
- Sunglasses – Helps block bright lights in the church.
- Noise-Reducing Headphones – Softens sound so I don’t feel overwhelmed.
- Mass Worship Aid (One-Page Guide) – Helps me follow along without surprises.

Meet “Curious Caleb” – 5 years old

Social, Loves Visual & Predictability

- I love to learn new things and need to know what’s coming next. Schedules and visuals help me feel in control.

Sensory Needs:

- ✓ Needs visual structure
- ✓ Benefits from predictability
- ✓ Loves engaging, hands-on tools

What’s in My Buddy Bag (and Why!):

- Pop-It Keychain – Keeps my hands engaged while I listen and look around.
- Tearable Paper Strips – Gives me a calming, repetitive action I enjoy.
- Communication Board with Velcro Visuals – Lets me understand and talk about what’s happening.
- Velcro Visual Schedules – Helps me remember the steps of Mass so I know what’s next.



Meet “Cautious Chloe” – 8 years old

Slow to Warm Up, Needs Reassurance



- New places and routines can feel a little overwhelming. I warm up slowly and like gentle encouragement.

Sensory Needs:

- ✓ Needs extra time to adjust
- ✓ Sensitive to light and smells
- ✓ Benefits from slow transitions and calm support

What’s in My Buddy Bag (and Why!):

- Pinwheel – Helps me practice slow, deep breathing to calm down.
- Soft Stress Ball – Gives me a soothing way to cope with nervous energy.
- Sunglasses – Makes the lights feel more comfortable.
- Breathing Exercises Lanyard – Helps me calm down step-by-step.
- Social Story Flip-Book – Prepares me for what I’ll see and hear at church.

Meet “Independent Isaac” – 16 years old

Prefers Discreet Accommodations

- I like tools that help me without drawing too much attention. I’m older and prefer simple, low-key supports.

Sensory Needs:

- ✓ Wants to be discreet
- ✓ Needs simple and appropriate visual schedules
- ✓ Benefits from self-regulation tools

What’s in My Buddy Bag (and Why!):

- Clicking Pen – Quiet, simple fidget I can use without anyone noticing.
- Reusable Drawing Board – A private way to doodle and decompress.
- Discreet Noise-Reducing Headphones – Gives me a way to self-regulate without drawing attention to myself.
- Personal Whiteboard – Helps me organize thoughts or ask for help silently.
- Mass Worship Aid (Booklet) – Helps me participate fully with grown-up wording. (Option for Braille/Large Print Worship Aid, if needed.)

