



School Bag Visual Guide for Children

This guide gently explores what a school bag is, how it supports learning, and what might be included — like books, pens, erasers, rulers, or occasional snacks and comforts.

With soft **colours**, **friendly visuals**, and **clear language**, each panel supports **emotional regulation**, **sensory understanding**, and **relational trust**.

If school bags feel unfamiliar or seem a little confusing sometimes, this guide is here to help things feel more manageable — **one calm zip at a time**.

Questions You Might Have

What does a school bag carry?

A school bag carries tools, comforts, and learning materials — each one helps with the day ahead. It holds everything needed for learning and staying comfortable at school.

What stationery items are needed in a pencil case?

Pens, pencils, rulers, and erasers support writing, drawing, and organizing — some bags include extras like glue or scissors. A well stocked pencil case helps with various school tasks.

How can parents help children organize their school bag?

Parents can help by organizing items into categories: learning materials, stationery, food and water, and comfort items. A well organized bag makes the school day more manageable and less stressful.

What's Inside a School Bag



A sensory-safe guide to the tools, comforts, and routines that support each day.

Tools & Comforts



A school bag holds tools, comforts, and learning for the day ahead.

Books & Learning Materials



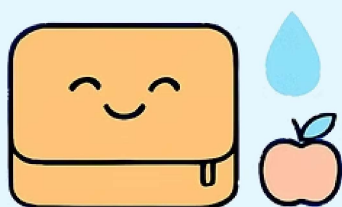
Books & folders support lessons — each subject may need its own set.

Pencil Case & Stationery



Pens, pencils, rulers, & erasers support writing — some bags include extras.

Snacks, Lunch & Water



Many school bags include a packed lunch or snack, plus a water bottle to drink.

Comfort Items (Sometimes)



Some bags include comforts — like a fidget, tissue pack, or a note.