

PRINTABLE RESOURCE

sensory support cards

These four cards are made to keep close for the moments that need them. One to show other people, one for when sound becomes too much, one with words that help, and one to note what is in your calm kit. They are yours to keep, and yours to share.

~18%

of UK adults may experience sound sensitivity

Source: Vitoratou et al., PLOS ONE, 2023

why a card helps

In a difficult moment, words can be hard to find. A card speaks for you, calmly and clearly, so you can be understood without having to explain.

HOW TO PRINT YOUR CARDS

paper size

Print onto standard A4. Set your printer to 100% scale, or "actual size", so the cards keep their intended wallet-plus proportions. Avoid "fit to page".

print on card to last longer

Ordinary paper is fine, but printing onto thin card, between 160 and 250 gsm, keeps the cards sturdy in a wallet or bag for far longer. Laminating them, or covering with clear tape, protects them longer still.

colour or black and white

Both work well. The cards are designed to print clearly either way, so use whichever your printer offers. Nothing is lost in black and white.

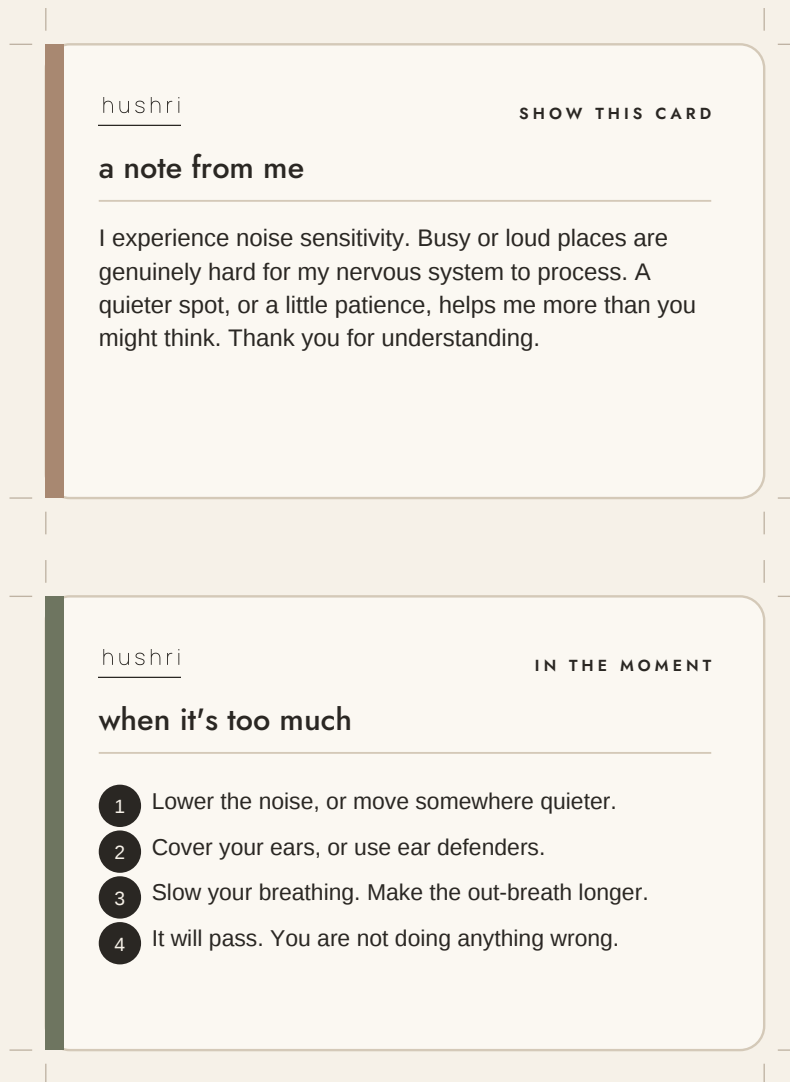
cutting out

Cut along the crop marks at each corner. A guillotine gives the cleanest edge, but scissors and a steady hand work just as well.

YOUR CARDS

cut, keep, carry

Print, then cut along the corner marks. Each card is a wallet-plus size, a little larger than a credit card, so it stays easy to read and still slips into a bag or pocket.



PRINT AT 100% SCALE ON A4 · CARDS 1 AND 2 OF 4 · PRINT ON CARD TO LAST LONGER

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PRINT AT 100% SCALE ON A4 · CARDS 3 AND 4 OF 4 · PRINT ON CARD TO LAST LONGER



ABOUT hushri

for anyone who finds the world too loud.

hushri is the human home for noise sensitivity and sensory difference — built from lived experience, in the belief that the problem is the world, not the people in it.

WHAT WE STAND FOR

Accessibility

Barriers removed, so support is easy to reach.

Honesty

We say what is true, clearly and without spin.

Respect

Every person met as they are, without judgement.

Friendliness

Warm, approachable, and never clinical.

Inclusivity

You are welcomed, represented, and made to belong.

Sincerity

We mean what we say, and we say it with care.

SCAN TO EXPLORE hushri



Read & explore

Guides, tools and support at
hushri.com



Watch & listen

Calming videos on
YouTube @hushri