

CALM KIDS ON THE GO!

SENSORY IDEAS FOR OUTINGS

1 || A Take Along Sensory Kit Include chewy candy or granola bars, straws (to sip their favorite milkshake for some great oral input), fidget toys, lavender scented lotion or essential oil, headphones.

2 || A Backpack Have your child take a stack of her favorite books along in her backpack for some weighted calming input.

3 || Glitter Calm Down Bottle Easy to make and easy to carry! Be sure to hot glue the lid on to make it spill proof!

4 || Get them involved Squatting, reaching, bending to retrieve items from the shelves of the grocery store (bonus if they are heavy bags of flour or cans of soup) are great ways to get vestibular input. Have your child push the cart for some extra resistive work.

5 || I Spy Play this old fashioned game and you won't need any materials at all for a great visual stimulation activity.

6 || Shopping Checklist Try making a list, sending your child to retrieve each item, and having him check off each one as he gets them. This acts as a visual timer so he is very aware of when the trip will be over. In addition, the movement involved in going to retrieve each item is rich in proprioceptive and vestibular input.

7 || Walk the Curbs A curb or the dividers in a parking lot (with close supervision to keep kids away from moving vehicles) can become instant balance beams!

8 || Tap Shoes These are not only super fun but offer awesome auditory feedback and proprioceptive input.

9 || Mermaid Fabric Cut a piece of mermaid fabric as a take-along fidget toy. The tactile and visual experience can be calming and organizing!