

The Holiday **Sensory**

SURVIVAL GUIDE

**Visual Schedules, Sensory Diets & Social Stories
for a Sensory Friendly Holiday Season**

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THE HOLIDAY SENSORY SURVIVAL GUIDE

HOLIDAY 2021

10 Tips For Sensory Friendly Holidays!

Make sure to watch the video that corresponds with this PDF!

Holiday Tips for Sensory Regulation

1 CONSISTENT ROUTINE

Keep the routine as consistent as possible, even if it's a different routine, try to keep it consistent. Keep at least one or two parts of your normal routine the same if possible.

2 AVOID INFLAMMATORY FOODS

Avoid inflammatory foods and foods that are not normally in the child's regular diet, i.e. gluten, dairy, soy, food dyes, etc. as much as possible.

3 SENSORY ESCAPE

Create a sensory escape kit to keep in your car or with you when traveling and include your child's favorite regulating activities / tools.

4 AVOID POSITIVE PRESSURE

Avoid positive pressure during challenging, non-preferred activities. For example: "You're fine! It's not a big deal, you've done it before! Your sibling is trying it!"

5 RESPECT BOUNDARIES

Respect your child's boundaries and sensory preferences throughout every holiday activity.



6 PRACTICE MODELING YOUR OWN PREFERENCES

Listen to your own sensory preferences and practice modeling regulation techniques and/or sensory breaks as needed.

7 USE VISUAL TOOLS

Use a consistent visual tool for assisting with emotional regulation, such as the Zones of Regulation, BrainWorks, or The Alert Program.

8 USE A VISUAL SCHEDULE

Create a visual schedule that your child uses daily to help understand what's expected to plan for flexible thinking.

9 CREATE A SENSORY DIET

Create a sensory diet for your child to complete 2-3x per day or as needed to help their nervous system stay organized.

10 IDENTIFY A SAFE WORD

Identify a safe word or visual cue that is known and practiced beforehand that your child knows it's time to take a break from the activity to prevent sensory overload or a meltdown.



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How to Use Visual Schedules

Does your child struggle with following a daily routine, like getting ready for school in the morning or getting ready for bed at night?

Does your child struggle with transitions throughout the day?

Does your child struggle to move on from a preferred activity?

Reasons Why Visual Schedules Are Beneficial:

1 PLAN AHEAD

A visual schedule allows the child to visually plan ahead for upcoming tasks and to know when / where they will be expected to go.

2 VISUAL LEARNING

Many children process visual information easier than auditory information. They are more successful following a visual schedule than following a series of auditory instructions.

3 EASE WITH TRANSITIONS

Transitions can be difficult if the child does not know what to expect next. Providing a visual for what and when can make transitions go more smoothly, as the move is not unexpected.

4 NON-PREFERRED TASKS

Visual schedules can provide motivation to get through non-preferred tasks. If a child knows that they get to do a preferred task after the non-preferred (via visual schedule) they may be more willing to focus on that non-preferred task.

5 STRUCTURE & CONSISTENCY

A visual schedule provides a feeling of structure and consistency that many children, especially those with anxiety, need to feel secure in their day.

6 EXECUTIVE FUNCTIONING

A visual schedule provides opportunity to learn executive functioning skills such as: organization, sequencing, timing, planning ahead, etc., all skills required for future life tasks.

*The great thing about visual schedules is that there is no wrong way to make or use them!
They are easy to personalize and use to fit a variety of needs.*

Tips, Tricks & Strategies for Creating & Using Visual Schedules:

1 CHOOSE A STYLE

Determine what will work for your child's needs. Will a check off list work? Or will a picture exchange system work better? There are many options to DIY or purchase online. Do some research and try different styles to find what works.

2 START WITH ONE ROUTINE

When starting a new visual schedule, it's important to start with ONE routine. There may be several opportunities for a visual schedule throughout the day, but start with one. Start small. Simplicity is key. Keep it short and sweet to start, then you can always go bigger after the visual schedule has been established.

3 PRACTICE & CONSISTENCY

Be prepared for lots of hands-on practice with your child when establishing a visual schedule routine. It's also important to remain consistent - every day, every time the specific routine is completed. You can't use the visual schedule 1 time and expect immediate results. Some children do best using a visual schedule for a specific routine for many years - it helps them stay in control.

4 KEEP IT POSITIVE

A visual schedule should not be a punishment for not following a routine. Instead, it should be a fun, motivating way to complete a daily routine task. Find what is motivating and keep it positive.

5 VISUAL SCHEDULE ROUTINES

Some of the daily routines that work well with a visual schedule:

- Morning routine
- Bedtime routine
- Bathroom routine
- Chore routine
- After school routine
- At school routines

6 FACILITATE INDEPENDENCE

As using the visual schedules becomes more familiar, allow your child some independence with completing the routine. Teach and model.

Age is a Factor When Creating a Visual Schedule

- A 2 step visual schedule is a great place to start for young children, as young as 1 year old, and children who struggle significantly with sequencing multiple steps.
- 2-3 steps on a visual schedule is perfect for ages 3+.
- Add on more steps to the visual schedule as the child becomes familiar and successful.

Fine and Visual Skills are Factors when Creating a Visual Schedule

- If your child struggles with fine motor skills, a check off schedule or schedule that requires handwriting may not be the best option.
- If your child struggles with visual perception skills, a visual schedule with simple, clear pictures will be better than one that is cluttered or very colorful.

Ideas to Make your Visual Schedule Fun & Motivating:

- Add movement - use animal walks, jumping, swinging, etc.
- Keep up the positive reinforcement.
- Use a system / style that your child enjoys using daily.
- Don't be afraid to mix it up - if your child gets bored with one style, try a new one!
- Add other preferred sensory aspects - music, essential oils, body sock, etc.



LISTEN TO ALL THINGS SENSORY PODCAST:
Episode #4: Visual Schedules - How To Get Started



VISUAL SCHEDULE

TO DO

DONE!





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How to Use Sensory Diets

Does your child struggle to get through their day due to excessive fidgeting? Or seeking too much movement to focus?

Does your child have frequent meltdowns over small problems?

Does your child struggle with tolerating certain types of sensory input?

A Sensory Diet:

Is a group of sensory based activities that help a person feel cool, calm, and regulated.

Is personalized - everyone is different so every sensory diet is unique.

Reasons Why Sensory Diets Are Beneficial:

1 REGULATE

A sensory diet provides the just-right type of sensory input to help regulate your child at the right time.

3 COMFORT

A sensory diet is perfect for new and unexpected situations.

2 ROUTINE

A sensory diet helps establish a routine and our kiddos thrive on routine.

4 FUN

A sensory diet should be fun! And it should help establish a positive relationship with your child.



Tips, Tricks & Strategies for Creating & Using Sensory Diets:

1 IDENTIFY SENSORY PREFERENCES

Identify which type of input your child SEEKS (do they spin a lot? do they jump and crash a lot?) and which type of input they AVOID. They will likely have a combination of seeking and avoiding tendencies.

2 IDENTIFY WHEN YOUR CHILD STRUGGLES THE MOST

Choose the most important and/or most challenging part of the day to focus on first. Is it the morning routine or the after school routine? Or is it the bedtime routine? Pick one time of day to begin the sensory diet - you can always add a sensory diet to other routines later, after the first sensory diet has been successfully established.

3 PUT STEPS 1 AND 2 TOGETHER

Use your child's sensory preferences to identify the activities to include in the sensory diet, and complete these sensory diet activities before and during the challenging part of the day that you chose in step 2.

Make it fun and motivating!

4 NOT A QUICK FIX

It's also not a quick fix - we're not trying to "fix" your child - there's nothing wrong with your child! We're simply trying to help them feel happy and confident in their own skin!

5 CONSISTENCY

In order for a sensory diet to be effective, it must be consistent. Every day. Even if you need to alter the sensory activities a bit, completing the sensory diet during that challenging part of the day, every day, is key.

Consistency also helps your child become more independent with sensory diets and managing their body and emotions.

Different Styles

- A sensory diet can be in any form or style that benefits your child.
- Some children do well with a simple check off list, while others benefit more from a picture exchange system.
- Try different styles to find what works.

Age is a Factor

- A younger child may benefit more from up to 3 sensory activities, completed sequentially 2-3 times.
- An older child may benefit more from 3+ sensory activities, completed sequentially 3-5 times.
- Experiment with different sequences and numbers.

Ideas to Make Your Sensory Diet Fun & Motivating:

- Always start with a preferred sensory activity that your child is seeking out, before moving to a calming sensory activity.
 - For example: start with spinning 5x in both directions (if your child seeks rotary movement), then move to a jump and crash, followed by wall pushing (heavy work - calming).
- Do not use a sensory diet as a punishment for "bad" behavior. Instead, teach your child that sometimes their body seeks certain input and the sensory diet is there to provide that input while also helping their body feel calm, in order to move on to a specific task that needs completed.
- Do the sensory diet activities with your child!

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Holiday Season Sensory Diet!

Using a sensory diet during the holidays is a great way to provide fun, engaging sensory activities for your child.

Additionally, sensory diets help regulate the nervous system and are perfect for boring snow days!

Have your kiddo check off the 'Done!' box when each activity is completed!

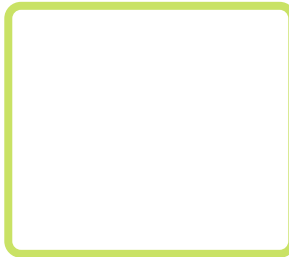
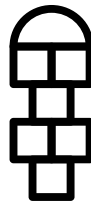
TO DO → DONE!

1



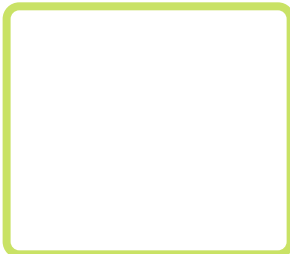

TO DO → DONE!

2



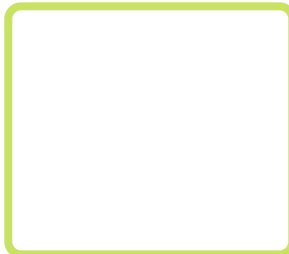
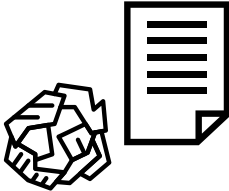
TO DO → DONE!

3



TO DO → DONE!

4



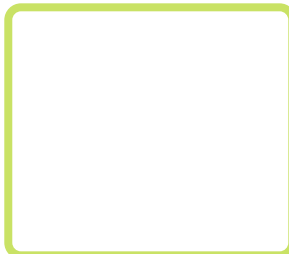

TO DO → DONE!

5



TO DO → DONE!

6





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Holiday Season Sensory Diet!

Use this sensory diet template for kiddos working on reading, who don't need the visuals.

Have your kiddo check off the 'Done!' box when each activity is completed!

TO DO → DONE!

1

Put winter clothes on.
Blindfolded for an extra challenge!

TO DO → DONE!

2

Complete a jumping
hopscotch pattern.

TO DO → DONE!

3

Lay on your back
and complete 10
slow snow angels.

TO DO → DONE!

4

Grab scrap paper
and crumple them
into snow balls.

TO DO → DONE!

5

Jump and crash
(on crash pad or
cushions) 5 times.

TO DO → DONE!

6

Lay on your
stomach and throw
snow balls to a
target.



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Holiday Season Sensory Diet!

Use this sensory diet template for kiddos working on copying, drawing, or writing their own sensory diet.

Have your kiddo check off the 'Done!' box when each activity is completed!

TO DO → **DONE!**

1

--	--

TO DO → **DONE!**

2

--	--

TO DO → **DONE!**

3

--	--

TO DO → **DONE!**

4

--	--

TO DO → **DONE!**

5

--	--

TO DO → **DONE!**

6

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Sensory Diet: Tips & Tricks

- Add a timed component to step 1. How fast can you put your winter clothes on?
 - Can you complete a second round and beat your first time?
- Turn this sensory diet into a race or a circuit to complete multiple times, with or without opponents.
- Adding a blindfold works to improve body awareness, sensory processing skills, somatosensory processing, and fine motor control.
- Include boots that tie to address shoe tying skills, gloves, hat, goggles, etc.
- Add a metronome component to the hopscotch and snow angels.
- Crumple paper snow balls while in a strengthening position:
 - tall kneel or split kneel
 - laying on stomach, arms up against gravity
 - laying on back, arms up against gravity
 - wall sit



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Holiday Traditions

There are a ton of common holiday traditions that are scary, uncomfortable and unknown for our sensory kiddos.

Let's look at what we can do to help!

1 SITTING ON SANTA'S LAP

- Practice with family and friends in a comfortable location first.
- Provide ear plugs or over the ear headphones.
- Use a social story to describe the order of the events:
 - Go to the mall / store
 - Find Santa
 - Wait in line
 - Say hello to Santa
 - Sit on his lap
 - Smile for the camera
 - Tell Santa what you want for Christmas
 - Say thank you
 - Tell him goodbye

2 OPENING PRESENTS

- Talk about looking at the presents without touching them until it's time.
- Set clear and consistent expectations and boundaries surrounding gifts.
- Use a visual countdown calendar (aka visual schedule).
- Take turns opening presents.
- Use a visual timer while opening presents.
- Wear a weighted vest or weighted blanket while opening gifts.
- Practice kind verbiage like saying please and thank you.

3 LARGE, FAMILY GATHERINGS

- Use a social story to explain family gatherings.
- Share pictures of family and friends who the child will be seeing.
- Practice giving hugs, high fives or knuckles to say hello.
 - It's recommended not to force your child to hug someone - this is where a high five might be more comfortable.
- Set up a sensory corner and practice using it before the events.
- Take lots of breaks throughout the gatherings.

4 CHANGES IN ROUTINES

- Use visual schedules daily to prepare for routine changes.
- Set clear expectations of what's expected.
- Implement consistent sensory breaks and sensory diet activities everyday.
- Keep bedtime / morning routines as regular as possible.
- Avoid excess sugar, food dyes, gluten and dairy if possible.
- Set limits on screen time.
- Get outside multiple times per day.



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Surviving Holiday Parties

Let's look at some of the reasons WHY our sensory kiddos might struggle during holiday get-togethers.

1 VISUAL

- Different visual input such as decorations, bright lights, more people.

2 AUDITORY

- Loud music, lots of voices / conversations, other children yelling / crying, etc.

3 TACTILE

- Different fabrics, new clothes and textures on decorations.

4 ORAL / OLFACTORY / GUSTATORY

- Food that is out of routine including treats, drinks, etc. New smells and tastes.

5 ROUTINE

- Change in daily and nightly routine. Staying up past bedtime and more screen time than normal.

What can I do to help my child & the rest of my family enjoy holiday gatherings?

- **Empathize**
 - Understand WHY your child is struggling. Identify his/her emotions and triggers.
- **Sensory Space**
 - Create / use a safe sensory space.
 - Quiet, dimly lit "hiding" place.
 - Use when overstimulated.
 - Take lots of breaks!
- **Social Story**
 - Before the get-together to prepare for changes. Use during the get-together.
- **Heavy Work**
 - Proprioceptive input is calming.
 - Perfect for transitions.
 - Perfect for before the party.
 - Perfect for after the party.

Strategies to help organize the nervous system

1 IDEAS FOR HEAVY WORK / PROPRIOCEPTIVE INPUT

- Animal walks
- Push / pull heavy items
- Simple household chores
- Wall walk ups
- Steam roller
- Squeeze box
- Chewy / Crunchy foods
- Hugs
- Squeeze hands together
- Push tongue to the roof of the mouth
- Drink water through a straw
- Deep breathing or blowing games using a straw

2 IDEAS FOR A SENSORY SPACE

- Small enclosed space such as a pop up tent or closet
- Lava lamp or other calming visual item
- Pillows, cushions, blankets, bean bag chair
- Vibrating stuffed animals / pillows
- Hand and mouth fidgets
- Calming music with headphones
- Preferred books, puzzles, quiet games
- Weighted blanket / lap pad / weighted vest



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Sensory Diets for Travel

Sensory diets during travel are critical! They help regulate arousal level & emotions, helping to create a fun travel experience.

Use this guide to better understand how to structure a sensory diet for before, during & after travel days.

Types of Input:

1 VESTIBULAR INPUT IS ALERTING

If a child seeks movement, provide 3-5 minutes of preferred movement based activities.

2 PROPRIOCEPTIVE INPUT IS CALMING

Complete a heavy work activity after a movement based activity to decrease over-stimulation & promote a calm arousal state.

3 ORAL MOTOR INPUT IS CALMING

Provide a variety of types of oral motor input to promote a calm arousal state.

4 AUDITORY & VISUAL INPUT CAN BE CALMING

However, we encourage limited screen time. Instead, provide a variety of "natural" types of auditory and visual input.

5 TACTILE INPUT CAN BE CALMING

Fidgets are a fantastic way to provide an activity while also promoting a calm arousal state.

6 OLFACTORY INPUT CAN BE ALERTING OR CALMING

Calm scents such as lavender can be an effective tool to promote a calm arousal state.

Before Travel:



- 3-5 minutes of vestibular input.
- 5-10 minutes of proprioceptive input.
- Incorporate oral motor into the proprioceptive activity.
- Can complete a tactile - sensory bin - for 5-10 minutes as a calming activity.

During Travel:



- Provide proprioceptive input as needed (weighted items, vibration, joint compressions, etc.).
- Provide oral motor input as needed (drinking through a straw, hard candy, chewing gum etc.).
- Provide variety of visual & auditory activities (limit screen time).
- Provide olfactory input as needed.
- Provide tactile fidgets as needed.
- Provide combination vestibular-proprioceptive activities during stops (i.e. animal walks at the rest stop, freeze tag, etc).
- If on an airplane, allow child to complete animal walks up / down the aisles every hour as needed.

After Travel:

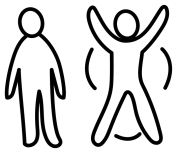


- 5-10 minutes of vestibular input as needed.
- 5-10 minutes of proprioceptive input.

Travel Sensory Diet Activity List:

- Use a social story to prepare for a trip. Include expected events, places, & emotions.
- If possible, do a practice run - this is great for airports.
- Use YouTube as a way to visually prepare for different environments & expectations.
- Use a check-off calendar to provide a visual reminder of when the trip is occurring.
- Use a written / picture list of necessary items for child to pack.
- Allow child to plan some of the activities that will happen on the trip.
- Remain calm & practice EMPATHY. Traveling is hard & can cause big emotions.
- A pop-up tent is a great option to provide a "calm down" space in new environments.
- Pack a long a dry erase board or boogie board for easy creation of a sensory diet.

Tips, Tricks & Strategies



VESTIBULAR: INCREASE AROUSAL LEVEL

- Rolling / Bouncing on a Therapy Ball
- Spinning
- Rocking Chairs
- Jumping Rope
- Jumping / Jumping Jacks
- Rocking Chairs
- Log Rolling
- Pass ball over heads & through legs
- Windmills
- Wall Walk-Up
- Cartwheels
- Hang / Lay Upside Down



PROPRIOCEPTION: REGULATE AROUSAL LEVEL

- Shoulder Press Downs
- Steamroller
- Cross Crawls
- Joint Compressions
- Jumping Up & Down
- Yoga Moves
- Crawling on the Floor
- Push / Pull / Carry Heavy Items
- Animal Walks
- Vibration
- Ball Walk-Outs
- Weighted Blanket / Vest / Lap Pad
- Chair Push-Ups

Tips, Tricks & Strategies



ORAL

- Straw Drinking
- Chewy Foods
- Crunchy Foods
- Gum
- Blow Bubbles
- Blow Whistles / Practice Whistling
- Lip Smacks / Tongue Clicks
- Blow Up a Balloon
- Cotton Ball / Pom Pom Blow (With or Without a Straw)
- Sour Spray / Candy (Be Aware of Allergies)
- Chew / Mouth Tools / Pencil Toppers



AUDITORY

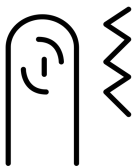
- Metronome (Phone App / Youtube)
- The Listening Program
- Classical or Preferred Music
- Motion Music:
 - 'Head, shoulders, knees & toes'
 - 'We're going on a bear hunt'
 - 'Wheels on the bus'
- Over the Ear Headphones
- Noise Cancelling Headphones
- Rain Sticks
- Microphone System
- Wall Walk-Up
- Hang / Lay Upside Down

Tips, Tricks & Strategies



VISUAL

- Infinity Loop
- Mazes
- Matching Games
- Bubble Popping
- Relaxing Visual Input:
 - Gel Timers
 - Sand Timers
 - Calm Down Bottle
- Straw Blowing Games
- Balloon Volleyball
- Jacob's Ladder



TACTILE

- Sensory Bin
- Massage
- Vibration
- Wiggle Seat
- Velcro Strips
- Dollar Store Fidgets
- Slime / Play-Doh
- Shaving Cream
- Chalk
- Stress Ball
- Silicone Sponge

Tips, Tricks & Strategies



GUSTATORY / OLFACTORY

- Sour Spray / Candy
- Strong Flavored Snacks
- Z-Vibe
- Chewing Gum
- Water Beads with Essential Oils
 - Gel Timers
 - Sandtimers
 - Calm Down Bottle
- Essential Oils:
 - Calming: Vanilla / Lavender
 - Alerting: Peppermint / Citrus
- Oil-Diffuser (Small Travel Size)
- Scented - Scrunchies / Bracelets / Necklaces

_____ 'S TRAVEL SENSORY DIET

Before We Leave:

Vestibular, Auditory, Oral, Proprioception

TO DO



DONE!

_____ 'S TRAVEL SENSORY DIET

While We Are Traveling:

Proprioceptive, Oral, Auditory, Tactile

TO DO



DONE!

_____ 'S TRAVEL SENSORY DIET

Done Traveling:

Vestibular / Proprioceptive, Oral

TO DO



DONE!

_____ 'S TRAVEL SENSORY DIET

TO DO

DONE!





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Road Trip Survival

Road trips can be fun, or they can be challenging. So what can you provide for your child to help create a fun experience during your road trip? Use this guide for some new ideas!

Although screens are a go-to and can be super motivating, we encourage you to think outside the box and provide your child with more hands-on experiences (especially since we have all heard the research results behind "too much screen time.")

1 I SPY BINGO

I Spy and License Plate Bingo ([See Pages 3 & 4, we provided them for you!](#))

- Print the following Bingo pages, laminate, and use dry erase markers.

Single-person Logic and Reasoning Games

- Try ThinkFun.com

2 PRINT AND TAKE WITH YOU

- Mazes
- Dot-to-Dot coloring
- Color by number
- Picture I Spy

Pro tip: use a zipper pencil case to keep all writing utensils in one place, and a 3-ring binder for all papers!

3 DRY ERASE ACTIVITY BOOKS

Try Crayola brand and search on Etsy for fun activity books.

4 MUSIC AND AUDIO BOOKS

You can often get a 30 day free trial if you don't already have a subscription to a listening service.



5**I'M GOING TO GRANDMA'S HOUSE... GAME**

I'm going to Grandma's house and I'm bringing the ABCs!

- This is a classic game that works on a ton of underlying skills, plus it's hilarious to see what everyone will bring!
- Someone starts by saying, "I'm going to Grandma's house and I'm bringing an apple (something that starts with the letter A)."
- The next person says, "I'm bringing an apple and a ball (something that starts with the letter B)."
- Followed by, "I'm bringing an apple, a ball, and a cat."
- This continues until all of the letters of the alphabet have been used.

6**CONVERSATIONS**

Have good, old fashioned conversations!

Talk about favorites, what your child wants to be when they grow up, challenges they're having at school, things they want to do on the trip, etc.

This is a great time to connect with your child on an emotional level. Listen to their words and feelings, validate their thoughts. Share your own feelings. Let your child lead.

7**INTERACTIVE SONGS**


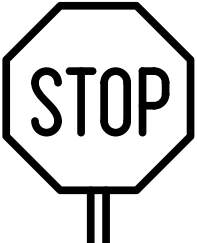
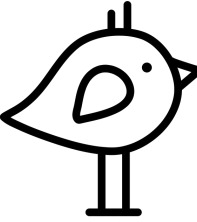

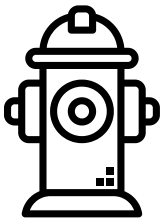
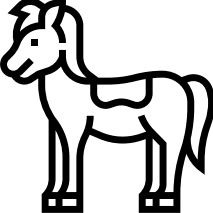


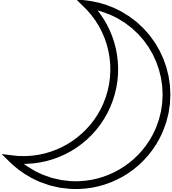
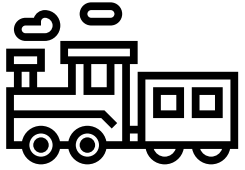
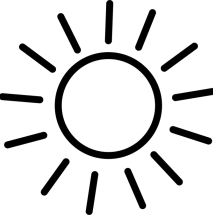
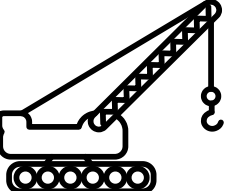

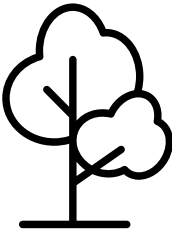


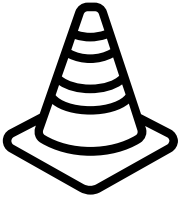

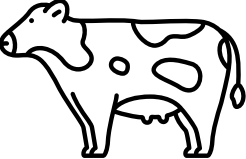

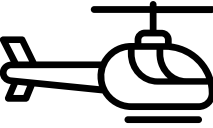
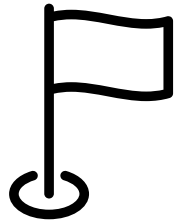

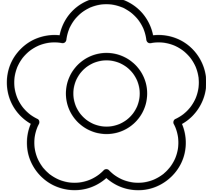

Try songs like, Old McDonald Had a Farm, 5 Green and Speckled Frogs, 5 Little Monkeys, BINGO, Wheels on the Bus, etc.

I-Spy Bingo

If possible, laminate for longer life.

Use a writing utensil (dry erase marker if laminated) to mark off each item as you see it on your road trip.

B I N G O


				
				
				
				
				

License Plate Bingo

If possible, laminate for longer life.

Use a writing utensil (dry erase marker if laminated) to mark off each license plate as you see it on your road trip.

B I N G O

IDAHO	KANSAS	MINNESOTA	ALASKA	ALABAMA
NORTH CAROLINA	MAINE	OREGON	CALIFORNIA	RHODE ISLAND
NEW YORK	UTAH		OHIO	FLORIDA
MONTANA	TEXAS	KENTUCKY	COLORADO	SOUTH DAKOTA
NEW MEXICO	IOWA	INDIANA	WASHINGTON	ARIZONA



THE HOLIDAY SENSORY SURVIVAL GUIDE

HOLIDAY 2021

2021 Holiday Gift Guide

This year, we challenge you to ditch the traditional gift guide & gift experiences instead!

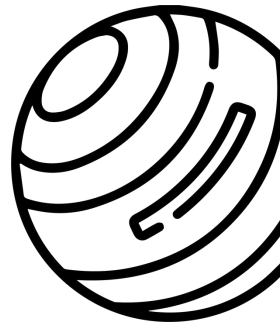
1 GIFT CARDS

- Favorite restaurant
- Trampoline park
- Discovery Center
- Museum / Zoo
- Indoor Amusement Park
- Mini Golf
- Library Card
- Bookstore
- Sporting Event



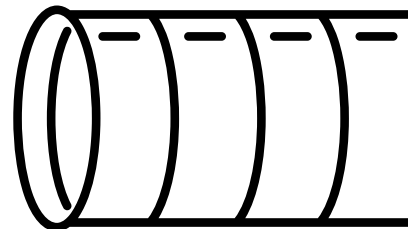
2 "THERAPY" EQUIPMENT

- Therapy ball (round / peanut)
- Bosu Ball
- Body sock
- Vibrating animal
- Balance beam / buckets
- Tactile balance discs
- Bilibo
- Large bean bag chair
- Compression Swing or Pod Swing
- Pop up tent & tunnel
- Play dough / Slime kit / Kinetic sand
- Weighted blanket / lap pad
- Mini trampoline
- Ball pit
- Pikler triangle
- Nugget couch



3 USE NEW EQUIPMENT FOR:

- Creating a new obstacle course
- Use with preferred games (like puzzles or reading)
- Playing together
- Making memories
- Creating a sensory space in the house



4**ADDITIONAL IDEAS**

- Wrap gifts in large boxes, with additional weight & newspaper stuffed inside.
- Set up a treasure hunt to locate gifts.
- Share pictures of what can be done with the different types of gifts / experiences.
- Talk about and plan when to go use gift cards - be sure to add it onto the calendar!
- Wrap old, forgotten toys!
- Gift sentimental toys from your childhood.
- Gift donations to those in need / to a local charity.
- Make it an experience.

5**HOMEMADE GIFT IDEAS**

- Knitted items - watch YouTube to learn & practice. Start with something simple like a coaster or hat.
- Arts & crafts - paint ceramics, draw / color pictures & frame them, paint dish ware, etc.
- Make ornaments - paint & gift.
- Make a photo calendar.
- Bake yummy treats.
- Braid bracelets or make jewellery.
- Check Pinterest for more ideas!