

Summertime Tips for Kids with SPD

Routines and schedules

- Consistent bedtimes and wake up times
- Consistent meal times
- Create a visual schedule with pictures for daily activities

Swimming lessons

- Provides motor skill development
- Provides muscle resistance that helps calm sensory cravers

Indoor rock climbing

Outside activities

- Check national parks for children's activities such as nature scavenger hunts
- Hiking
- Exploring different sensory experiences
 - Seeing colorful landscapes
 - Smelling flowers
 - Touching trees
 - Hearing wind through blowing leaves
- Stop/go and fast/slow games
 - On land or through water these games support self-regulation

Practice school work through fun activities

- Cooking can help with math skills – look for books that provide simple ideas for snack preparations or making art with food
- Reading a book under a large tree in a quiet place
- Writing a story about a fun adventure

Day camps or summer art programs that cater to sensory kids

Play dates with one or more children depending on social abilities

- Plan a specific activity such as bowling, art project, trip to the museum, etc.
- Support conversation between the children to help build social skills and confidence

Involve children in charity events to create empathy through fundraising activities

- Garage sale – gathering items to sell
- Reading event – have family and friends pledge money for every book read during the summer
- Sensory Fair – charge admission and design sensory fun activities
- Sensory Walk – charge a registration fee and walk around the neighborhood or park, pointing out the different sensory experiences along the way

