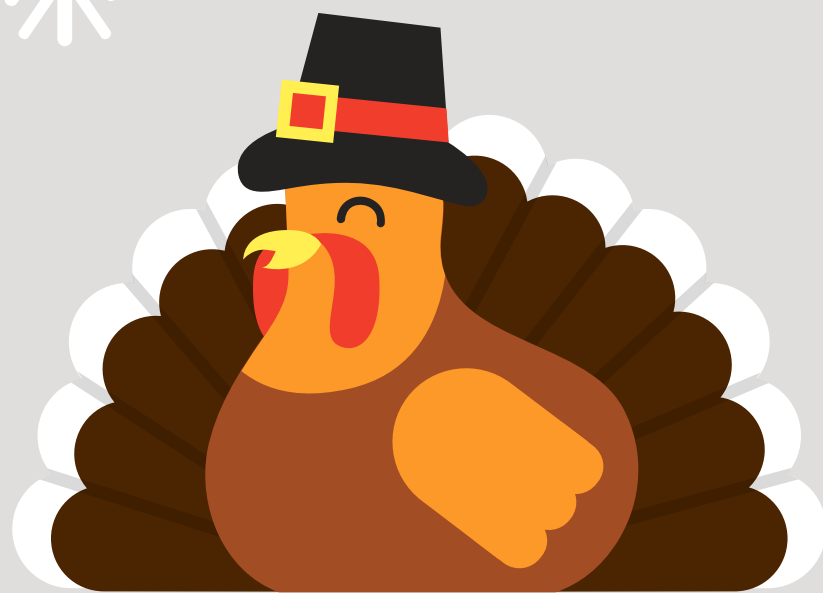


# SENSORY-FRIENDLY HOLIDAY CALENDAR

**NOTE: SCHEDULE IS SUBJECT TO CHANGE!**



**\*ADAPTED FROM UNDERSTOOD.ORG**

# NOVEMBER

**SUNDAY**

**17**

Look through cookbooks together to find holiday dishes your child will eat. If you do this together, it gives your child a sense of ownership. Add these dishes to your menu with pictures!

**MONDAY**

**18**

**TUESDAY**

**19**

Call your holiday host for a guest list. Your child can make place cards and find out in advance who will be there. You can also show your child a picture of each guest, if needed.

**WEDNESDAY** **20**

**THURSDAY**

**21**



**FRIDAY**

**22**

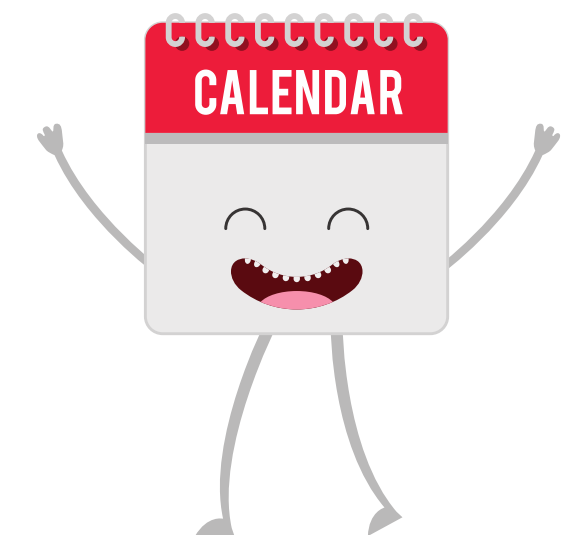
If light bothers your child, search for pictures of holiday displays online. You can also decorate without lights! When decorating, let your child help by pushing and pulling heavy objects to receive proprioceptive input.

**SATURDAY**

**23**

Create a family holiday calendar using activities you will do and people you will visit, like this one! Use velcro dots so you can move events if the schedule changes. The visual support can give your child some ownership by allowing him/her to choose when activities are completed.



**NOTES**



# NOVEMBER

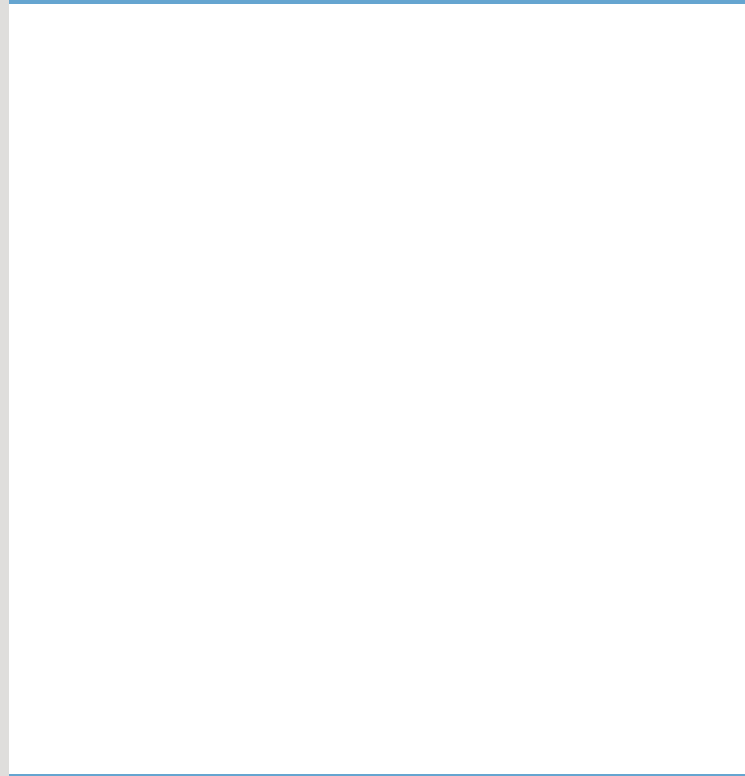
<b>SUNDAY 24</b>	<b>MONDAY 25</b>	<b>TUESDAY 26</b>	<b>WEDNESDAY 27</b>
<p>Plan a family hike or rake the leaves in the yard to do a leaf scavenger hunt!</p>		<p>Plan a relaxing night as the transition into the holiday season really sets in. Use low lights, fun holiday movies, and a crunchy snack to help create a calming environment.</p>	<p>Holiday Preparations - Tell your host in advance that you would like your child to sit at the end of the table for space and that you are planning to arrive early if your child is easily overwhelmed.</p>
<b>THURSDAY 28</b>	<b>FRIDAY 29</b>	<b>SATURDAY 30</b>	<b>NOTES</b>
<p>Happy Thanksgiving! Take a moment to really give thanks and ask everyone what they are grateful for this year.</p> 	<p>Look through flyers and magazines to pick out gifts for the holiday season while cozy at home to avoid the loud noises and busy crowds of holiday shoppers.</p>	 <p>Buy card stock and let your child decorate cards with markers, paint, stamps, and colored pencils. Use Q-tips or larger objects if fine motor skills are more challenging.</p>	

# DECEMBER

<b>SUNDAY 01</b>	<b>MONDAY 02</b>	<b>TUESDAY 03</b>	<b>WEDNESDAY 04</b>
<p>Set up a "Holiday-Free" zone at home together, a place without holiday decorations, food smells, or people to give the mind and body a feeling of calm and holiday escape.</p>	<p>Holiday Gift Ideas - weighted blanket, small tent, bed tent, body sock, stretchy tunnel, tag free clothing found at Target or Old Navy</p>		<p>Decorate holiday crafts designed by your child to practice motor skills and enhance creativity! Use a vertical surface or lay on your belly while creating to strengthen postural control muscles.</p>
<b>THURSDAY 05</b>	<b>FRIDAY 06</b>	<b>SATURDAY 07</b>	<b>NOTES</b>
	<p>Create a "Holiday Survival Kit" of calming items chosen by your child!</p>	<p>Start completing a 5-minute holiday work out in the morning to provide the proprioceptive input your child needs to get through the holiday days</p>	 <p>Example work out activities are: bear crawls, dog ward dog yoga pose, tree yoga pose, jumping jacks, and planks!</p>

# DECEMBER

**SUNDAY 08**



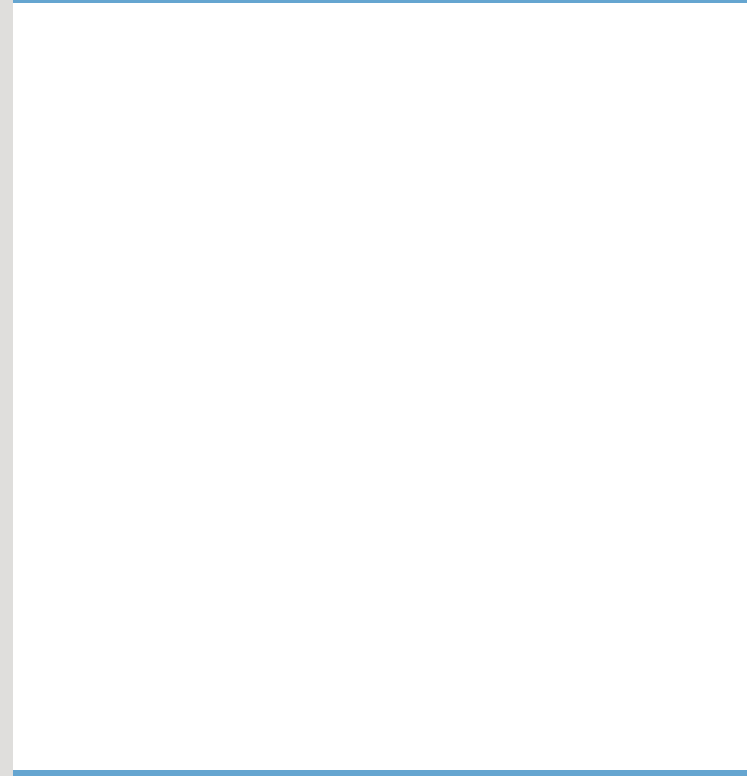
**MONDAY 09**

Role play different social situations that might be tricky for your child. You can also create a social story using simple, concrete language and pictures. Talk to your speech therapist for ideas!

**TUESDAY 10**



**WEDNESDAY 11**



**THURSDAY 12**



**FRIDAY 13**

Make holiday cookies together using rolling pins and cookie cutters to practice motor skills! This is also a great activity to practice planning, following directions, and language skills.

**SATURDAY 14**

Take a day off from holiday planning and let your child choose dinner and watch a favorite movie under heavy blankets!

**NOTES**



# DECEMBER

**SUNDAY**

**15**

Consider planning intensive services over the holiday break to provide structure and support for an enjoyable winter break.

**MONDAY**

**16**



**TUESDAY**

**17**

Practice holiday greetings that your child prefers to use. Your child may prefer to nod or say "Happy Holidays!"

**WEDNESDAY**

**18**

**THURSDAY**

**19**

Set the expectations with a social story about how to interact with unfamiliar and familiar family and friends during the holidays.

**FRIDAY**

**20**

Call your holiday host for a guest list. Your child can make place cards and find out in advance who will be there. You can also show your child a picture of each guest, if needed.

**SATURDAY**

**21**



**NOTES**

Holiday Preparations - Tell your host in advance that you would like your child to sit at the end of the table for space and that you are planning to arrive early if your child is easily overwhelmed.

# DECEMBER

**SUNDAY 22**

Happy Hanukkah! If your child is sensitive to the light of candles, put your menorah on a cookie sheet to carefully move it to another room after you light it.

**MONDAY 23**



**TUESDAY 24**

Read a bed time story and a social story about gift giving and gift receiving.

**WEDNESDAY 25**

Merry Christmas! Let your child deliver the presents from under the tree to provide proprioceptive input to relax during the excitement!

**THURSDAY 26**

As the excitement settles, plan some calming activities to help your child regulate. Watch a movie under a weighted blanket.

**FRIDAY 27**



Check in with your child to see if he/she wants to make plans to hang out with a friend or plan a low-key day.

**SATURDAY 28**

**NOTES**



# JANUARY

SUNDAY 29	MONDAY 30	TUESDAY 31	WEDNESDAY 01
<p>Start planning for New Years Eve by talking about the expectations and what the plan is. Using a social story is a great way to discuss this holiday.</p>		<p>If you have New Years Eve plans, keep the day simple and calm. Maintain a typical bedtime routine.</p>	<p>Happy New Year! Create a "vision board" for your child's goals for 2020.</p> 
THURSDAY 02	FRIDAY 03	SATURDAY 04	NOTES
<p>With the holiday season over, return to a regular sleep schedule and talk about the rest of the school year.</p>	