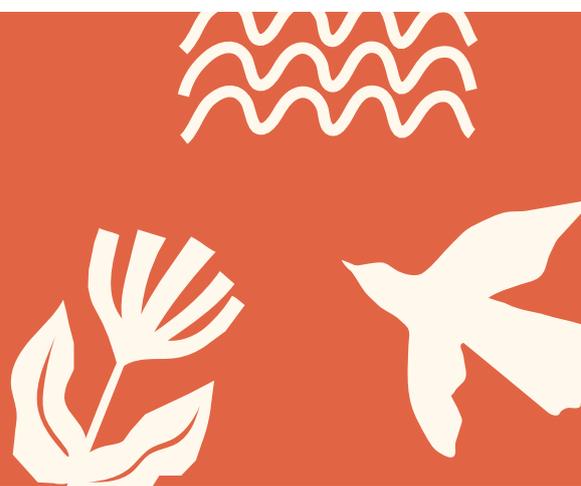


Create the Ultimate DIY Summer Camp Sensory Kit



Summer camp can be an exhilarating, yet overwhelming experience for children, especially those with sensory sensitivities. Whether your child is heading to a day camp or spending nights away at a sleepaway camp, a personalized sensory kit can make a world of difference. Let's dive into how you can create a customized sensory kit to ensure your child has a fantastic and comfortable camp experience.

Why Create a Sensory Kit?

A sensory kit provides the tools your child may need to navigate the bustling and sometimes chaotic environment of summer camp. From helping them manage loud noises to providing comfort through touch, a well-thought-out sensory kit can be their best camp companion.

Sensory Kit Essentials

Here's a comprehensive list of items you can include in your child's sensory kit. Feel free to mix and match based on your child's unique needs.

Sound

- **Earbuds, folding headphones, or earplugs:** To block out overwhelming noises.
- **Sticky notes:** Handy for blocking sensors on automatic flushing toilets.

- **Favorite music or white noise:** Create a calming playlist for soothing moments.

Touch

- **Fidget toys or stress balls:** Perfect for keeping little hands busy.
- **Soft blanket or weighted blanket:** Offers comfort and a sense of security.
- **Tactile brushes or textured toys:** Great for sensory stimulation.

Sight/Smell

- **Sunglasses or a hat:** Helps reduce the glare of the sun.
- **Aromatherapy inhalers or scented stickers:** Choose calming scents like lavender or chamomile.
- **Visual schedule or picture cards:** Helps in transitioning between activities.

Taste/Other

- **Favorite snacks:** Pack familiar and comforting foods.
- **Chewable jewelry:** For those who find chewing calming.
- **Hydration bottle:** Ensure they stay hydrated with a fun and easy-to-use bottle.

Putting It All Together

Pack these items in a small, easy-to-carry bag that your child can bring with them throughout the day. Label each item with their name and consider adding a personal touch, like their favorite color or character, to make the kit feel even more special.

Tips for Success

- **Involve your child:** Let them help choose the items for their kit. This not only ensures they'll like and use the items but also gives them a sense of control and ownership.
- **Communicate with camp staff:** Make sure the camp counselors know about the sensory kit and how to use the items to support your child.
- **Test the kit:** Have your child use the kit at home before camp starts to make sure everything works well for them.

Creating a DIY summer camp sensory kit is a thoughtful and practical way to help your child feel more at ease in a new environment. With the right tools at their fingertips, they can focus on making memories and having fun!