











# Tips for a Sensory Friendly Easter Egg Hunt

by Theraplaytt

-  Feel free to let your child opt out. It's okay if they're not feeling up to it, despite your preparations.
-  Get your child ready for the Easter egg hunt by explaining what will happen. Consider using a sensory story for an effective and engaging way to convey the information. Theraplay's easter sensory story can be found at <https://theraplaytt.com/resources>
-  Set clear expectations. Some children may believe the Easter Bunny grants wishes or that they should collect and keep all the eggs.
-  Wear comfortable clothing. You may want your children to wear easter themed clothing. Keep them to clothing that they find comfortable.
-  Bring along sensory tools. Have on hand tools that work for your child. Noise cancelling headphones, fidgets, hat, sunglasses, etc.
-  Consider using treats or toys inside the Easter eggs that you know your child likes as an alternative to chocolate.
-  Conduct a practice Easter egg hunt with your child. Pretend to be the Easter Bunny, search for eggs, and explore the designated area where the actual hunt will take place.
-  Ensure that there is an equal number of eggs available for each child.
-  Assign specific colors to each child. Simplify the egg hunt for your child by having them collect designated colors and informing them of the quantity available in each color.
-  Consider sensory friendly greetings. These can be contact or contactless. Contact greeting can be hugs, high fives, fist bumps, etc. Contactless greetings can be waves, saying hello, bunny ears, or a thumbs up.

