

# CARNIVAL

## FOR SPECIAL NEEDS CHILDREN

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### THINGS TO CONSIDER WHEN GOING OUT ON THE ROAD

#### Plan Ahead

Identify safe break spots and sensory solutions. Opt for a brief outing, involve your child in planning, and create a basic ID tag the child's name, parent's name, contact details and special needs.

#### Sensory-Friendly Clothes

Choose comfortable carnival attire with vibrant colors. Opt for soft and lightweight fabrics, avoiding scratchy or heavy materials commonly used with feathers, beads, and gems.

#### Safety

Keep your child safe with constant supervision, basic identification, and, if needed, use a body harness or AirTag for added security. You can tie a balloon to both parent and child to make them easier to spot in a crowd.

#### Stop Signal

Establish a discreet signal (card, gesture, or word) with your child for overwhelming moments. This ensures a quick, supportive response without drawing attention.

#### Quieter Spot

Find a quieter spot for your child to enjoy the festivities away from the loud noise and crowds at carnival.

#### Carnival Sensory Bag

Snacks  
Noise canceling headphones  
Water  
Comfort items  
Identification  
Sunscreen  
First aid kit  
Wet wipes

### CARNIVAL-BASED SENSORY ACTIVITIES

- Sensory Carnival Creations- Messy painting and crafts
- Movement friendly jump up activities with soca
- Carnival themed sensory box: Feathers, beads, gems and glitter
- Sensory friendly Carnival costume making

