

DIY summer camp sensory kit

Help your child feel less overwhelmed at summer camp with their own sensory travel kit. Pick as many items as you want from each of the categories below. You and your child can add your own ideas, too.

Sound

- Earbuds, folding headphones, or earplugs
- Sticky notes to block sensors on automatic flushing toilets
- Favorite music or audiobook
- Harmonica, kazoo, or other small instruments
- _____



Touch

- Unscented sunscreen and bug spray
- Stress ball
- Sensory slime, putty, or clay
- Weighted blanket
- Stuffed animal or sensory pillow
- Washcloth and towel with a texture your child likes
- _____



Sight

- Reading light
- Books
- Sensory bottle or snow globe
- Polarized sunglasses and/or a hat
- _____



Smell

- Scented lip balm
- Coloring books with scented markers
- Familiar toiletries, like shampoo, soap, and toothpaste
- _____



Taste

- Gum or chewable jewelry
- Chewy or crunchy snacks
- Straws or a water bottle with a straw/spout
- _____



Other

- Timer for transitions
- Outdoor sports gear
- Travel games
- _____

