

# SENSORY-FRIENDLY FOURTH OF JULY CHECKLIST

## Before You Go

- Review a social story or visual schedule
- Watch fireworks videos together
- Discuss the day's plans
- Practice wearing headphones
- Pack favorite snacks and drinks
- Bring comfort items and sensory tools

## What to Pack

- Noise-canceling headphones
- Sunglasses
- Blanket or chair
- Fidget toys
- Favorite snacks
- Water bottle
- Glow sticks
- Change of clothes if needed

## Safety Reminders

- Dress in bright, identifiable clothing
- Review safety expectations
- Establish a meeting spot
- Stay a safe distance from fireworks
- Keep emergency contact information available

## During the Event

- Take sensory breaks as needed
- Monitor for signs of overload
- Stay flexible with plans
- Leave early if necessary
- Focus on fun, not perfection

## Celebrate Your Way

Every child experiences the world differently. A sensory-friendly Fourth of July is not about following a perfect plan—it's about creating an experience that feels safe, comfortable, and enjoyable for your child and family.

With preparation, flexibility, and a focus on what works best for your child, Independence Day can be a positive celebration filled with connection, joy, and meaningful memories.