

# Sensory Needs

## Dressing for Outdoor Play



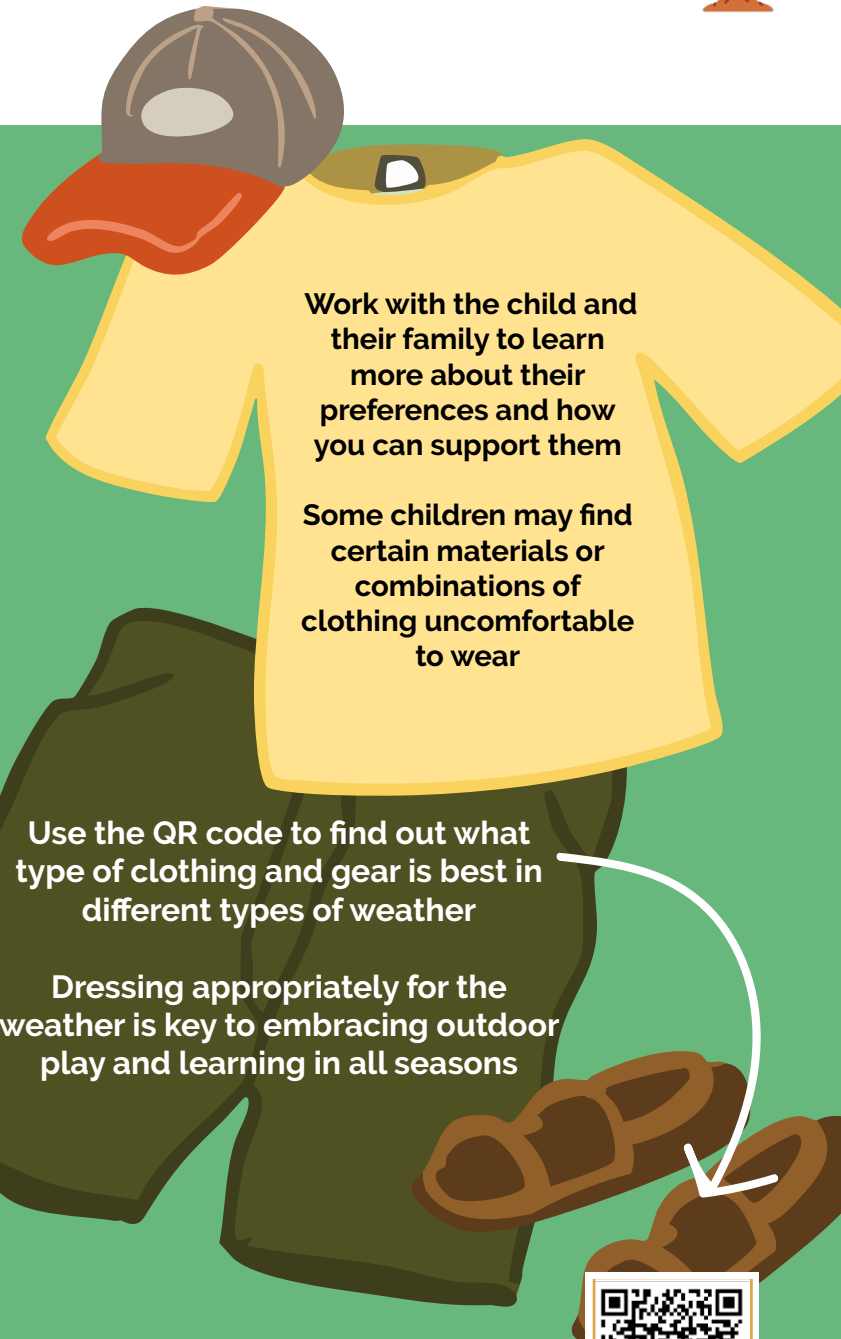
### When supporting a child's sensory needs it is important to:

- Be curious, ask questions, and use empathetic language
- Problem-solve together through the difficult moment - make them feel seen, heard, and supported
- S.T.O.P. before you both get overwhelmed and frustrated - Stop, Take a breath, Observe, and Proceed with care



### When supporting sensory needs, while dressing for outdoor play consider:

- Slowing down your transitions, getting dressed in smaller groups, and using visuals or social stories
- Practicing getting dressed at other times of the day and making it into a game - this is a great way to introduce new gear or fabrics
- Giving yourself time to observe and understand the child's specific needs and preferences - the child's family is a great resource for getting this type of insight



Work with the child and their family to learn more about their preferences and how you can support them

Some children may find certain materials or combinations of clothing uncomfortable to wear

Use the QR code to find out what type of clothing and gear is best in different types of weather

Dressing appropriately for the weather is key to embracing outdoor play and learning in all seasons



Find resources and so much more at [OutdoorPlayCanada.ca](https://OutdoorPlayCanada.ca) and the [SPROUT-able Project Page](#)