

# Sensory Friendly Halloween

Offer a sensory-friendly home or party  
at Halloween to be inclusive.



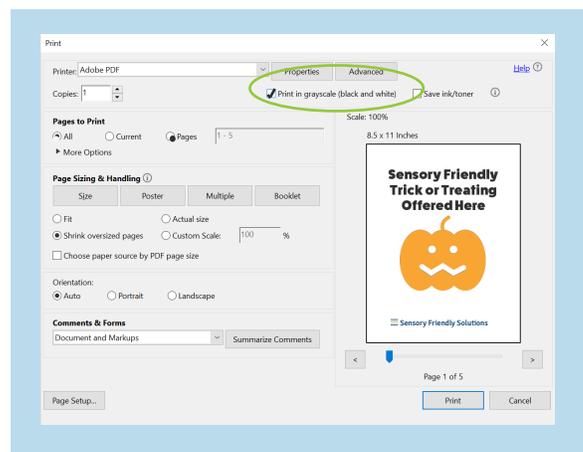
# Contents:

- Affirmations to help guide you on how to make trick or treating more sensory-friendly.
- A sensory-friendly trick or treating story to help children manage the sensory-rich experience.
- Downloadable signs to post on your door identifying your household or event as offering more sensory-friendly trick or treating. Two versions are available for full colour, simple colour.



## How to print in black and white:

- Go to your print window. Find the check-box that says “print in black and white.” It may also say words like “print in grayscale.” This works too!
- Sometimes printing in black and white will be under “preferences” or “more options.”
- Click the black and white check box. Select the page[s] you would like to print.
- The simple colour sign on page 6 will print best in black and white.



# Affirmations for Sensory Friendly Trick or Treating

- ☐ We offer a visit to our home that includes an extra dose of patience and understanding.
- ☐ We keep it simple; we limit our questions and comments.
- ☐ We offer a visit without music or noise in the background.
- ☐ We offer a visit without extra flashing lights.
- ☐ We offer a visit without moving decorations.
- ☐ We offer a visit that has reduced scents.
- ☐ We offer a visit without intentionally surprising or scaring trick or treaters.





# A Sensory Friendly Trick or Treating Story

Halloween is here. I can dress up in a costume. I can look different than I do every day. My costume will feel different from the clothes I usually wear. I am OK.

When I visit the other houses on Halloween, it is called “trick-or-treating.” I can visit the other houses on the street where I live. I can visit friends and family at their homes. I will walk outside more on Halloween. I will see other people walking outside too.

Some people may want to know more about my costume. They might ask, “What are you?” I can tell them about my costume. I can ask about their costume too. I will talk to more people when out trick or treating.

I will see some scary costumes. It is OK. Some people wear scary costumes for Halloween. I will see some silly costumes. I can laugh at the silly costumes. I will see some costumes that I like. I can say, “I like your costume” to the person wearing it.

When I visit other houses, I can knock on the door or ring the doorbell. I can say, “trick or treat.” The people who answer the door will give me a treat. I will put the treat in my bag. I can say, “Happy Halloween.” I can also say, “Thank-you.” I can then go to another house.

Halloween is exciting. I will see a lot of people outside going trick or treating. I will hear a lot more noises. I might hear spooky Halloween music. I will see a lot more Halloween decorations outside. I will smell more smells from the candy that is given out as treats too.

Sometimes I will need to take a break. I can take five deep breaths in a row when I am too excited.

**I can have fun on Halloween too.**

# **Sensory Friendly Trick or Treating Offered Here**



☰ Sensory Friendly Solutions

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 **Sensory Friendly Solutions**

Dear Reader,

Thank you for downloading the Sensory Friendly Halloween Guide.

Halloween is very much a sensory-rich time. Trick or treating and Halloween parties can be overwhelming for many children. Making small changes can ensure your house or party is sensory-friendly and includes many more children in the fun.

I founded Sensory Friendly Solutions to help parents, families, and caregivers, who all struggle with everyday activities due to their child's sensory challenges. I have adult-onset hearing loss and experience sensory sensitivity and sensory overload too.

Sensory Friendly Solutions' resources will help you learn more about sensory challenges and discover sensory-friendly solutions.

Join us on social media, download and subscribe to our podcast and visit our website to discover sensory-friendly solutions for everyday living.



With thanks,  
Christel Seeberger  
Founder & CEO  
Sensory Friendly Solutions

