

SUPPORTIVE STEPS

# SUMMER SENSORY

ACTIVITY GUIDE



[HTTPS://WWW.HUDSONUCC.ORG/ALLIES-BLOG/](https://www.hudsonucc.org/allies-blog/)

# PLACES / EVENTS



## **Sky Zone Sensory Hours**

A low-stimulation jump time with dimmed lights, no music, and a smaller crowd for a calmer active experience.

## **P.A.L.S. Sensory Friendly Movies**

Relaxed library screenings with lights up and sound down, allowing kids to move and make noise freely.

## **Sensory Saturdays - Cleveland Art Museum**

Early museum access featuring sensory-friendly art activities and low-crowd gallery exploration.

## **We Rock the Spectrum Gym**

An indoor playground specifically designed with sensory equipment like swings and zip lines for all ability levels.

## **SuperKids Classic**

An inclusive soapbox derby where children with disabilities experience the thrill of racing in dual-seated cars.

## **Step Into Autism Walk & Resource Fair**

A community event in Cuyahoga Falls combining a family-friendly walk with access to local support services.

# PLACES / EVENTS



## **Canton Palace Theater Sensory Cinema Series**

Large-screen movie experiences in a historic theater adjusted for lower sound and higher lighting.

## **Zoothing Hours at the Akron Zoo**

Special early hours that provide a quiet, low-sensory environment to see animals before the park opens to the general public.

## **Autism Society of Greater Akron Events**

A central hub providing year-round inclusive events, educational workshops, and parent support networks.

## **Home Depot Kids Workshops**

Hands-on DIY building projects where children can work at their own pace in a welcoming environment.

## **Chuck E. Cheese Sensory Sensitive Sundays**

Dedicated morning hours with reduced noise, dimmed lighting, and no mascot appearances.

## **Sensory Hour at Rock & Roll Hall of Fame**

A high-energy museum made accessible through sensory bags and adjusted environmental triggers.

# CAMPS / GROUPS



## Camp Cheerful

A Strongsville staple offering adapted summer day camps, including horseback riding, swimming, and outdoor sports.

## Akron Rotary Camp

Provides overnight and day camp experiences focused on building independence through fishing, canoeing, and nature play.

## Fieldstone Farm Therapeutic Riding Center

A premier therapeutic riding center where children build confidence and motor skills through horse-assisted activities.

## Achievement Centers for Children

Comprehensive programs including "Nature Explorers" and adapted aquatics led by therapy professionals.

## The Positivity Spectrum - Camps for Kids

Targeted social-emotional camps designed to celebrate neurodiversity and build peer connections.

## Art by the Barn

Creative, process-based art sessions held in a relaxed, rustic setting to encourage self-expression without pressure.

## Autism Friendly Communities Program

Local initiatives that help businesses and public spaces to be more welcoming and accommodating. See what's by you!

# AT HOME ACTIVITIES



## Slime, sensory bottles, sensory crafts

Look online to find awesome sensory craft ideas - Pinterest is my personal favorite place to look!

## Water play or bubbles

Soothing activities that offer gentle sensory input and help with temperature and texture exploration.

## Sensory walks

Outdoor "scavenger hunts" focused on identifying different sights, sounds, and textures in the neighborhood.

## Cooking

Engaging the senses through stirring, kneading dough, and exploring new smells and tastes.

## Jumping, spinning, riding

Jumping, spinning, or riding bikes provides vital vestibular input to help kids feel grounded.

## Build a sensory space

Take all of your kids' favorite sensory experiences and find a way to pack them all into one area of your home.

# SHOPPING LIST



## **Fidget tools & wearables**

Wearable chewies and other fidgets that are not super distracting - soft textures make less noise!

## **Body spinners / rockers**

Sit-and-spins, rocking stools, rocking chairs - anything that takes the average seat to the next level!

## **Body sock**

Stretchy Lycra "socks" for deep-pressure compression work well for your wiggly kids.

## **Sensory lights**

Fiber-optic lamps or bubble tubes that provide soft, mesmerizing visual focal points.

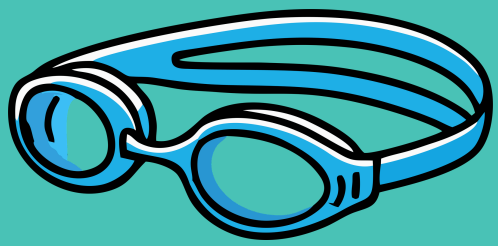
## **Texture toys**

Silicone disks or "squishy" balls to provide varied tactile input for small hands.

## **Kick bands and chair wigglers**

In-chair tools that allow kids to move their legs and bodies quietly while seated.

# SUMMER BUCKETLIST



**SWIMMING**



**MUSEUM**



**VISIT FAMILY**



**CRAFT**



**WALK**



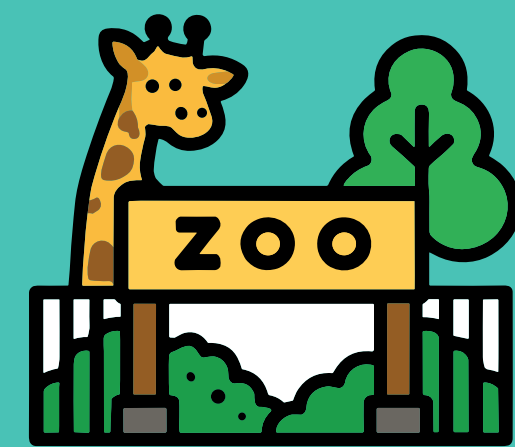
**PLAYGROUND**



**PLAY OUTSIDE**



**COOK**



**ZOO**

# SUMMER BUCKETLIST



**BUILD A FORT**



**THEATER**



**SPORTS GAME**



**STEM ACTIVITY**



**SERVICE**



**RIDE A BIKE**



**BUILD**



**BUBBLES**



**PLAY A GAME**