HAPPY HALLOWEEN!

How to have a sensory friendly Halloween

Halloween is coming up!
Halloween is a holiday on October 31st. On Halloween, people dress up in costumes and go trick-or treating. I can pick out a costume that makes me feel comfortable.



When we go trick or treating, we go from house to house asking for candy. I can walk with my friends or family.





When I get to the house, first I will knock on the door or ring the doorbell. Next, I will say "Trick or Treat!" I can also use my device to say "Trick or Treat" or "Happy Halloween!"







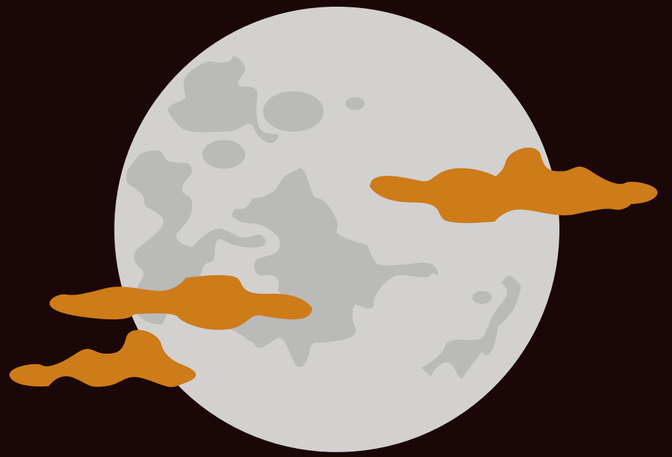
BOO!

I will hold out my bag or bucket, so they know I'm ready. Then, I will get candy or a treat! I should say or select "Thank you" before I can go to the next door.

Sometimes, Halloween can be a little loud or scary. Decorations might make spooky sounds, or there might be music playing. There can be ghosts or monsters that might look scary.







If I see something that makes me feel scared, that's okay! I can take a deep breath to calm down.



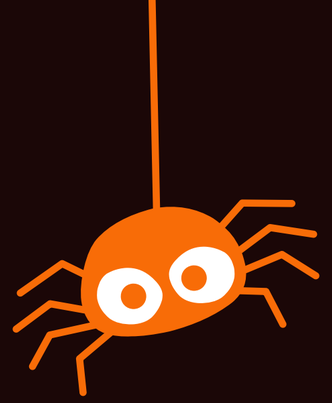
If there are too many other children and families out trick-or-treating, I can ask to take a break.



If I feel uncomfortable,
I can tell my family.
They can help me.



If a house looks too scary,
I can skip it and go to another
house that feels better.



And if I need to skip trick or treating, that's okay too. Halloween is all about celebrating, having fun, and spending time with our family and friends!





What do you like to do for Halloween?