

Sensational OT Tip of the Month

Field Trips

Do you know children that ...

1. Lose control when on a field trip?
2. Choose not to go with the class for outings?
3. Need extra help to be successful when out of the normal routine?

These children are may be struggling with the worry of the unknown. Changes in routines and expectations may trigger big reactions for children with difficulty self-regulating. They may be excited and scared at the same time. Planning ahead can help this child enjoy the trip with his/her classmates.

Sensational Ideas for Successful Field Trips

1. Develop as social story or script to help prepare the child for the field trip. Look online with the child at pictures of where you are going or use pictures from past trips there. Read this a few times and send home for parent to review. For more info: <https://carolgraysocialstories.com>
2. Pack sensory tools for the bus or car ride to and from the field trip. This might be headphones, a fidget, doodle pad, gum etc.
3. Have a plan for a quiet place to take a break if the area is loud or overwhelming. Use tools listed above as needed.
4. Have a specific person on the lookout to intervene early if child is starting to show signs of dysregulation or distress. Easier to calm before the meltdown!

[Click here](#) for more tip sheets for preschool and school age classrooms at – www.cintiOTinstitute.com/tipofthemoth . For information about occupational therapy services at COTI go to www.cintiOTinstitute.com.

COTI - 2018