### **CAMP SENSORY HOUSE DAILY SCHEDULE**

### **8:00 – 8:30 AM | Welcome & Arrival Routine**

* **Visual check-in chart** with each camper’s name and photo
* Quiet music or white noise in the background
* Campers choose a calming activity (puzzles, books, fidgets)
* Greet by name, offer choices (verbal + visual), and gently guide into the space

### ***8:30 – 8:45 AM | Morning Circle & Social Warm-Up***

* *Use a* ***visual schedule*** *to walk through the day's plan*
* *“Feelings check-in” with emotion cards or zones of regulation board*
* *Brief social skill mini-lesson (e.g., “How to join a group game” or “Taking turns”)*
* *Practice through a short role-play or puppet show*

### ***8:45 – 9:15 AM | Sensory & Movement Break***

* + *Rotating stations (with timers and visuals):*
	+ *Fidget Bin*
	+ *Water beads or rice bin*
	+ *Stretching/dancing*
	+ *yoga mats with poses*
* *Campers choose where to go; allow quiet zones for rest*

### ***9:15 – 9:45 AM | Structured Group Activity***

* *Options:*
	+ *Cooperative art (e.g., group mural with paint sticks)*
	+ *Build a LEGO town together*
	+ *Nature scavenger hunt in pairs*
* *Use visuals and clear roles (“builder,” “finder,” “painter”)*

### ***9:45 – 10:00 AM | Snack & Rest Break***

* *Quiet, low-stimulation area*
* *Campers can listen to music, look at books, or use fidget toys*
* *Offer individual sensory supports (weighted lap pad, headphones, etc.)*

### ***10:00 – 10:45 AM | Themed Activity & Social Play***

* *Rotate daily themes:*
	+ *Science fun (slime, baking soda volcano)*
	+ *Story drama (interactive book + acting it out)*
	+ *Music and rhythm*
	+ *Sensory activity (make and take it)*
* *Small group format (2–4 kids per adult)*

### ***10:45 – 11:15 AM | Free Choice with Support***

* *Zones:*
	+ *Art station*
	+ *Blocks/building*
	+ *Reading nook*
	+ *Pretend play*
	+ *Sensory bin*

### ***11:15 – 11:45 AM | Group Game & Goodbye Circle***

* *Low-pressure games (e.g., parachute, “Simon Says,” freeze dance)*
* *Goodbye circle: Share something they liked, use visuals to preview the next day*
* *Calm music or story time before dismissal*

### ***11:45 – 12:00 PM | Pick-Up & Transition Home***

* *Visual countdown timer for pick-up*
* *One-on-one goodbyes with a sticker/token for the day*
* *Calm, quiet environment for smooth transition*