Sensory Friendly 4-H Activities

Creating sensory-friendly environments means being mindful of different sensory needs and adjusting to minimize overwhelm and maximize comfort and participation for everyone.

For 4-H Meetings

Consistent Routines

Follow a predictable agenda for each meeting. Announce any changes in advance.

Quiet Meeting Space

Choose a meeting room that minimizes outside noise. Close doors and windows.

Lighting Control

Use natural light where possible, or adjust artificial lighting to be softer (avoid fluorescent lights if they cause discomfort).

Flexible Seating

Allow members to choose where they sit, offering options like stability cushions or fidgets.

Breaks

Incorporate short, scheduled sensory breaks or movement breaks

Visual Aids

Use visual timers for activities, and clear visual prompts for instructions.

Communication

Speak clearly and calmly. Allow time for processing questions and answers.

Incorporating a few of these ideas at club meetings demonstrates 4-H's commitment to creating welcoming environments and provides a tangible example of how simple adjustments can make a big difference for individuals with sensory sensitivities.

Club officers leading a meeting using an agenda is an example of consistent routines.

Meeting outdoors whenever possible provides natural lightening and flexible seating.

Demonstrations are a great way to incorporate and encourage the use of visual aids and practice communication skills.

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