SENSORY AND EMOTIONAL REGULATION

Sensory Outing Prep Cards

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A short prep pack for going out, with a checklist, a now-and-next board, and cards to take in a bag.

This is general information, not occupational therapy, medical or mental-health advice. If a child has a sensory programme from a professional, follow that first. Stop any activity that causes pain, dizziness, distress, or seems unsafe.

Who this is for

Families planning shops, appointments, visits or trips where sensory load or uncertainty is part of the picture.

What is inside

- A before-we-go planner
- A portable now-and-next board
- Cards for a bag or keyring

Please read this first

This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. It does not guarantee an assessment, plan, adjustment, payment or any other outcome. Check current official guidance (for example GOV.UK) and get individual advice from SENDIASS, IPSEA or a suitably qualified adviser when you need it.

Prepare, and leave room to change the plan

A little information before an outing can help: where you are going, what might be noisy or busy, what the person can take, and how you will leave if it becomes too much. Do not over-explain if that raises anxiety. Build in a way out that is allowed.

Where we are going, and the main steps of the outing

What might be hard (noise, queues, lights, waiting, people)

What we will take that already helps

How we will leave or take a break if it is too much, and the words we will use

A portable now and next

Fold this or keep it in a wallet when you are out.

NOW

Place a card or write here

NEXT

Place a card or write here

These visuals use simple original drawings from My SEND Friend. They are not from a licensed symbol library.

Outing cards

A small set for a bag, pocket, or keyring.



Going out



Waiting



Help



Break



Quiet



Eat



Toilet



Finished / home

Useful next steps and sources

Use what helped in this pack and leave the rest. You can come back to it when you need to. Live tools on mysendfriend.co.uk remain free, including Help Me Now, the SEND Letter Builder, the Reasonable Adjustments Builder, the DLA and PIP Claim Planners, and the free resources hub. Saving work to My SEND Plan is optional.

Where to check official or independent information

Guidance and benefit rules can change. Check the current official position, and get individual advice when you need it.

- mysendfriend.co.uk sensory and family resources
- An occupational therapist or other professional, if the person has one
- This pack is not a prescribed sensory diet or a therapy programme

> **A reminder about this free pack**
> This is a free starting-point resource from My SEND Friend. It is general information, not legal, medical or benefits advice, and it is not an official or government form. Using it does not start a statutory process or guarantee a particular outcome. Adapt every page to your situation.

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