



CENTRE FOR AUTISM  
MIDDLETOWN

# SENSORY ENTERTAINMENT IDEAS FOR LONG JOURNEYS



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## 1. Make a sensory fiddle kit:

It could include textured tangles, therapy putty or play dough, squidgy gel fidgets, inside out balls, chew keyrings or ring, weighted lap pad, therapy brush, hand held massager, fidget toys, earplugs, favourite soft toy.

These could also be put in a container or small bag. Include recognisable items as well as some new items for variety.

## 2. Audible books downloaded before you travel.

3. **Sensory apps** to touch – visit [sensoryappphouse.com](http://sensoryappphouse.com) for new ideas eg: mesmo, lava, splatter, stellar, visage, aqua, simply touch, touch targets.

## 4. Films or cartoons on ipad.

5. **Card games** eg: sequencing fun deck set, Snap, Top Trumps.

## 6. Travel games.

## 7. Travel spirograph

## 8. Montessori busy board