



# Preparing for the Holidays: New Year's

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The latest holiday addition to our collection is a narrative about New Year's. This narrative includes information about the holiday and also prepares individuals for the transition back to school after Winter Break. It could be modified for a return to work or other transitions after the holidays. It can be used in combination with the Winter Break narrative that was shared last week.



Month   


These icons and images are a smaller version of the calendar items in the [Winter Break Narrative](#) and [Blank Monthly Calendar](#). These can be used to prepare for the transitions ahead. You may wish to add visuals or photos of activities and events that are going to occur each day, if these are a change in routine. You could also count down the days until school begins on the calendar or in another location near the calendar, such as on a dry erase board.

Remember that establishing some type of schedule or routine is helpful for individuals on the spectrum. Even if you are simply using visuals to communicate the activities that are to take place or the order of events, this is helpful to understand what is expected and what is going to happen next.

As you are planning activities and events for the holidays, remember to consider an individual's sensory needs. Previous sensory strategies that have been shared this year are still available online on the [IRCA Sensory Page](#). We will continue to explore sensory needs, related to the winter months, in January.

You may wonder what to include in your calendar and schedule. Any trips, meal changes, or activities that will occur during the day can be posted. You can also use the calendar and visual schedules to create boundaries and structure for play, chores, and other daily activities. You may wish to provide a written list for those who can read. If you are looking for family-friendly events around Indiana, there are many fun and exciting options. A few that may be of interest include:

[Sensory-Friendly Films](#)

[Train Exhibit at Eiteljorg](#)

[Children's Museum](#)

(Snowball Fight, Elf in Training, and Yule Slide)

The attached narrative for New Year's is also available on our [Visual Supports Holidays and Celebrations](#) page, along with narratives and visuals sent last week (i.e. My School has a Holiday Program, Holiday Visuals, Snow Day & 2 Hour Delay, Holiday Party, & Winter Break).

Happy Holidays!

Secretary share\articles\sensory\Preparing for the Holidays: New Year