



Behavior Frontiers

a world without limits

Sensory-Friendly Super Bowl Tips for Families with Children on the Autism Spectrum



What Makes the Super Bowl Challenging?

Children with autism may experience heightened sensitivities to sensory stimuli, such as loud noises and unpredictable changes in their environment. Common challenges during the Super Bowl include loud cheering, unexpected interruptions, and a change in routine.

5 Quick Tips for a Sensory-Friendly Super Bowl

- ✓ **Prepare a sensory toolkit**
with items like noise-cancelling headphones, fidget toys, and a favorite stuffed animal.
- ✓ **Create a visual schedule**
by outlining the day with simple steps- game time, breaks, snacks- to set clear expectations.
- ✓ **Stay flexible and focus on small wins**
like your child letting you know they need a break or using their sensory tools successfully.
- ✓ **Practice ahead of time**
by watching highlights of past games to familiarize your child with the sights and sounds.
- ✓ **Set up a quiet space**
if possible, where your child can retreat to if they feel overwhelmed.



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Written by Behavior Frontiers as Part of Their Bright Future Series

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