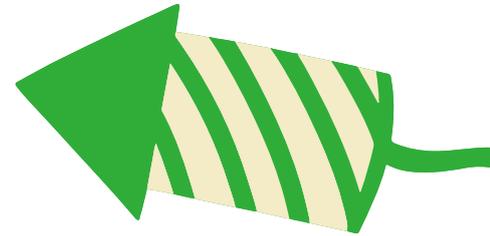


Tips for Enjoying Fireworks Night



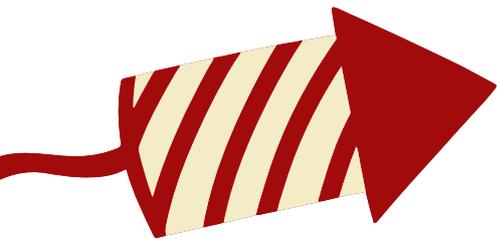
Plan in advance

Plan how you are going to celebrate Bonfire Night in advance and ensure those that may find it distressing know exactly what is planned. Explain what Bonfire Night is and why it is celebrated and what to expect on the night and the weeks leading up to it. YouTube is a great resource to use to show videos of online firework displays to prepare them. It is a good idea to write the plan down and visualise it if possible.



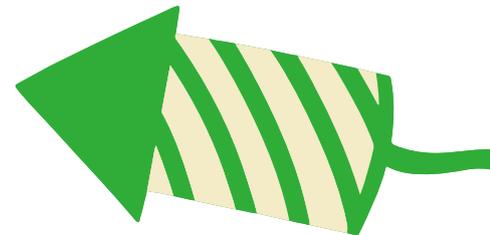
Home fireworks display

Enjoying Bonfire Night at home can be as much fun and indeed a lot less overwhelming for individuals with sensory issues if it is celebrated at home. This can be either watching a virtual firework display online or setting off some smaller and quieter fireworks yourself, where you will be able to control the sound level more effectively, as well as when the display starts and ends, and keeping them safe and comfortable at all times.



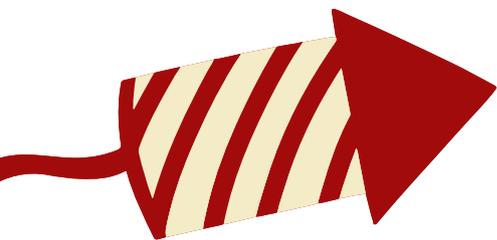
Ear defenders are a must

Bonfire Night is a very unpredictable occasion at the best of times, with fireworks going off seemingly everywhere. So, ear defenders are a must as they will block out any direct noise and surrounding sounds and help reduce anxiety in children and adults with sensory issues.



Watch from a distance

If you have set your heart on attending a large organised fireworks display, watch the display from a good distance. If possible, find a good parking spot or viewing point a good distance away, which will enable you to leave effortlessly if it becomes too overwhelming.



Have a distraction ready

Having something on hand as a distraction if the individual becomes distressed can be a great way to make someone feel more comfortable. This could be snacks, favourite toys, a mobile phone or a gaming device. All can be very soothing and can help reduce anxiety and help them to feel more comfortable.

