Lakota CARES Field Day Recommendations

The following suggestions were compiled via Lakota CARES facebook page by asking for input from Lakota parents, staff, and community members as recommendations for Lakota schools to better accommodate all students during Field Day Events.

- Picture Schedule of events
- Giving choice to participate in each activity
- Avoid wait times
- Have swing-set area or somewhere as a break area
- Practice activities and expectations prior to field day during recess time
- Have shade available, hats, sunglasses
    - 10x10 canopy test station with chairs or flexible seating
    - Sensory area with headphones available
    - Sour candy may help some children relieve tension
- Social story a week out to be read a few times leading up to the event and feel more comfortable with expectations
- Take a tour of the areas where event will be held
- If water is involved, plenty of towels and extra clothes
- Additional opportunities for snack breaks indoors
- Making sure know how (and are permitted) to request or take breaks.
- Make sure that adult volunteers are around to have a watchful eyes.
- Students with higher needs may need 1:1 attention during this type of activity so be sure to ask for more volunteers to help support staff to support the students.

Please let us know if you have any recommendations or further suggestions that we can add to our list. We know that by making small changes we can make a huge difference in Lakota student lives for all children.

*** This material was prepared by Lakota CARES and is not sponsored or endorsed by Lakota Local Schools District or any Lakota School.

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