



PE Kit Visual Guide for Children

A PE kit holds the clothes and essentials that help you move, stretch, play, and take part in sports with comfort and confidence. It usually includes things like a T-shirt, shorts, trainers, and any small extras your school recommends.

This guide gently explores what a PE kit is, why it matters, and what **might be inside** — from soft, breathable clothing to shoes that help you feel steady and supported.

With **calm colours, friendly visuals, and clear, reassuring language**, each panel supports emotional regulation, sensory understanding, and a sense of safety around getting changed and joining in.

If PE kits feel unfamiliar or a bit overwhelming sometimes, this guide is here to make things feel more predictable and manageable — **one calm change of clothes at a time**.

Questions You Might Have

What is a PE kit?

A PE kit holds the clothes, shoes, and small items you need for moving, stretching, and taking part in sports. It helps you feel prepared, comfortable, and ready to join in.

Why do PE kits include special clothing?

Clothes like shorts, leggings, or a T shirt help your body move freely. They're chosen to feel light, comfortable, and easy to stretch in so you can focus on the activity, not the fabric.

Why are there rules about jewellery and hair?

Schools often ask for no jewellery and tied back hair to help keep everyone safe. These small rules prevent accidents and make sure you can move without anything getting in the way.

What's Inside a PE Kit



A sensory-safe guide to the clothes and small items that help you get ready to move.

What a PE Kit Shows



A PE kit shows the things you need to feel safe and ready for exercise.

Clothing for Movement



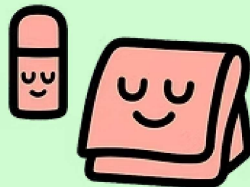
Shorts, leggings, or a T shirt that help you move freely and comfortably.

Footwear & Socks



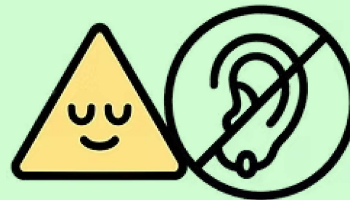
Trainers or plimsolls and clean socks that help protect your feet.

Extras for Comfort & Care



Hair ties, deodorant, or a small towel to help you feel comfortable.

Safety Items & School Rules



No jewellery and tied back hair help keep everyone safe during PE.