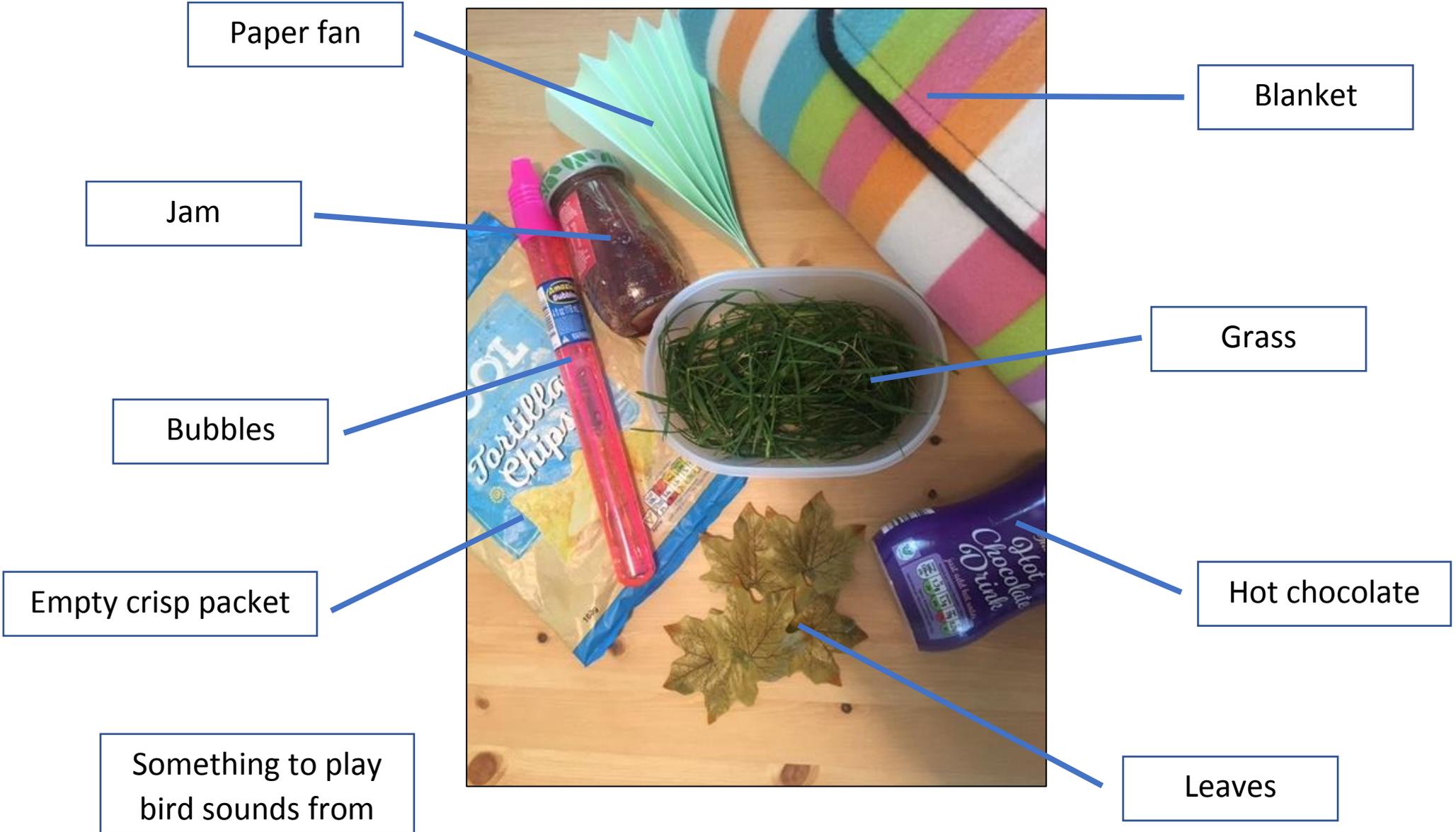


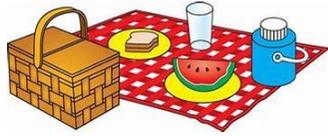
Sensory Stories

Sensory stories tell a story with words and sensory objects.

- Preparation:** Gather together the resources you need and something to keep them in. Find a good space which doesn't have too many distractions and have all of your props ready. You may want to introduce the story by playing a song which is related to the topic. This can help to let your child know each time the story is going to be told.
- Sharing the story:** Read each sentence clearly and at a good pace and use the sensory objects alongside it. You may want to repeat the sentence to emphasize the story.
- Adapt the story:** You can vary how you deliver the sensory stimuli and make it fun for your child e.g. you may deliver it quietly if they don't like loud noises, you may swap an object for something else to engage your child more. Every child is different so adapt it to suit them.
- Repeat:** Retell the story daily/weekly – whatever works best for your child.
- Have fun:** Sharing stories is a great opportunity for showing preferences, anticipating things happening, social skills and learning language. Siblings may also enjoy the stories or may want to be the story teller!
- Multisensory:** Sensory stories try and explore as many senses as possible – seeing, hearing, smelling, tasting, feeling and moving.

We're going on a Picnic – Sensory Story Resources





We're going on a Picnic – A Sensory Story

Story (what to say)	Action (what to do)	Props (what you need)	Sensory (which sense are we targeting)
We are going on a picnic. Let's find a good spot on the grass	Feel the grass	Grass cuttings or a section of artificial grass	I can feel 
We need to put down our picnic blanket	Lay blanket on child's lap or tray	Blanket	I can feel 
Listen! The birds are singing	Listen to bird sounds	Something to play bird sound effects from e.g. phone, BIGmack, sound button	I can hear 
The jam sandwiches taste delicious	Encourage child to taste a small bit of jam (can just smell the jam if tasting is not appropriate)	Jam and suitable spoon	I can taste 
The drink is full of fizzy bubbles	Blow bubbles towards child	Bubbles	I can see 
Next we can have some crisps	Rustle an empty crisp packet	Empty crisp packet	I can hear 
Mmm the chocolate cake smells yummy	Encourage them to smell the chocolate scent	A container with a little hot chocolate or cocoa powder inside	I can smell 
Watch out for the cheeky ants	Tickle hands over child's arms and legs	Just your hands	I can feel 
It's starting to get windy	Fan the child	Paper fan	I can feel 
The leaves are blowing around	Drop leaves from above your child	Leaves	I can see 
Oh no! Everything is blowing away	Twirl and spin around with your child as if blowing away	Just you and some space	I can move 

Additional activities and ideas –

- Have a picnic in the garden
- Try making different picnic foods
- Listen to songs or read books about picnics
- Can they retell the story to you?
- Can you find any ants in the garden?
- Write a list of what they would like to have in a picnic.
- Make food/picnic related crafts or find colouring sheets linked to picnics
- Make a picnic basket out of paper e.g. try weaving with paper
- Have a teddy bears picnic
- If you have a picnic basket or something similar – hide items inside. Can you give clues to guess what they are or even reach in and try and guess an item by feeling it?
- Make binoculars from kitchen roll tubes and spot things in the garden whilst you have your picnic
- Play eye spy whilst you have your garden picnic
- Make an invitation for family members you live with to come to your picnic

