

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

Growing a Rainbow – Sensory Story Resources

Something cold –
ice cubes, ice pack

Hot water
bottle/hand
warmers

Roots – laces, wool,
ribbon

Water in a bottle

Something to
represent storm – rice
in a bottle or a pan
and spoon



Folded strip of
green paper

Something to represent
a rainbow e.g. ribbon,
pipe cleaners, different
coloured blocks/Lego

Something to
represent seeds
e.g. rice

A blanket

Growing a Rainbow – A Sensory Story

Story (what to say)	Action (what to do)	Props (what you need)	Sensory (which sense are we targeting)
The weather may be stormy The strong winds they can blow	Bang wooden spoon on pan/shake bottle	Pan and wooden spoon OR bottle half filled with dry rice	I can hear 
Let us plant some seeds of hope And help to make them grow	Encourage child to feel seeds	Sensory material to represent seeds e.g. cous cous, dried peas, lentils, sunflower seeds	I can feel 
We need to find some healthy soil So roots can grow down strong	Trail roots over limbs and encourage them to feel	Something to resemble roots e.g. laces, ribbon, string hanging down	I can feel 
In case the stormy winds return Or cold weather comes along	Encourage to feel the cold	Ice pack/ice cubes	I can feel 
We will pour on a little water And sprinkle it with love	Swish water bottle up and down	Clear bottle, half filled with water	I can hear 
And let the rays of sunshine Bring warmth from up above	Encourage child to feel something warm	Hot water bottle, warm water in plastic bottle, hand warmers	I can feel 
Let's wrap it up with kindness And give it a safe home	Wrap blanket around or hug your child	Blanket	I can feel 
And cheer it on with clapping It will never be alone	Let your child listen to the clapping – can they clap along too?	Just you – or something to play cheering/clapping sounds on	I can hear 
And slowly from each seed A stem will grow up high	Make the folded paper reach up slowly	Folded strip of green paper	I can see 
Together they will grow into A rainbow in the sky	Explore the different coloured items OR the pipe cleaner rainbow	Different coloured items OR have a go at making the pipe cleaner rainbow	I can see 

Additional activities and ideas –

- Plant some seeds in pots or the garden
- Use food colouring to dye rice, oats or spaghetti for a fun rainbow sensory tray
- Make some taste safe soil from flour, cocoa powder and oil (or crush some Coco Pops) and add plastic pots and flowers or leaves to make a gardening sensory tray
- Add different coloured balls or toys to a water tray, paddling pool or bath
- Make some rainbow art – you can make your own paint with flour and food colouring
- Grow your own rainbow with kitchen roll, felt tips and water
- There are lots of rainbow craft ideas on the internet – have a go at making a rainbow



Flower Garden Sensory Bin

