



Mayfield  
School

# Autumn Sensory Pack for Home Learning



## Introduction

This pack has a number of activities for your child to carry out when they are not at school. This pack can be used if the child is at home and if they are at any time in hospital (if they are well enough). This pack can also be used to help extend your child's learning at school by enabling you to carry out activities at home.

The pack provides you with activities for the spring topic that your child is or would be pursuing at school.

We have included:

- Sensory music activities
- Sensory art activities
- Sensory cooking activities
- Sensory story activities
- Sensory massage activities

All of the activities that we have provided are easy to do and do not require many resources.

To help your child understand what they will be doing we have provided pictures of their objects of reference that we use throughout the day. These are easy and cheap to purchase.

We have also provided some links to you tube so that you can help your child to take part in routines that they normally would do at school and so they have music cues for activities that they can take part in. Simply press on or type the link in your browser.

Your child has some targets that they are working on. These can be practised as part of these activities. If you need a copy of your child's targets please contact your child's teacher or keyworker.

We hope you enjoy taking part and exploring the activities with your child. Please do not feel pressured to carry out the activities and if you need support with any of the activities, please do feel free to contact your child's teacher or keyworker.

Many best wishes

PMLD Team

\*This pack has been created for parents of children who attend Mayfield School (Birmingham). The authors of this pack do not claim to author the contents. Please do not copy and distribute.

## 10 Top Tips for Engaging your Child in Activities

1. **Use cues** to help your child know that something is going to happen. We use sound , smell, body sign, taste cues and objects of reference at the beginning of each activity.
2. **Give me an alert signal** when you start to work with me and a finished signal to let me know we have completed the activity
3. **Repeat, Repeat, Repeat.** Use consistent and familiar activities that your child knows so that they can take part more and more
4. **Burst - Pause.** Do a bit and then pause to see if your child responds. Can they show you they want more?
5. **Mirror** what I do and my vocalisations. I like it when we can do something that I like together.
6. **Communicate with me.** Talk with me using simple words so I know what is going on. Tell me what you are going to do and give me a time to show how I feel
7. **Give your child time to explore the stimuli/interaction.** Don't rush. Let them be involved as they can with as much support as they need.
8. **Give me opportunities to say 'yes' and 'no'** to what is going on and what is going to happen. Give me opportunities to show like, dislike, more, stop, no
9. **Give me choices** by holding two objects within my eye line or notice preferences by giving me one stimuli at a time so you can see how I respond
10. **Actively involve me by letting me do as much as I can.** This might be by letting me touch, look, listen help as much as I can when we are doing something together.

Have Fun Together!

# Morning Routine

## **Good Morning (from Singing in the Rain)**

Make sounds , shake hands , wave hello to the pupil. Interact and have a dance with them.

<https://www.youtube.com/watch?v=GB2yiloEtXw>

## **Good Morning**

Give an alert cue and sing the good morning song to the pupil. Sing close to the pupil so they know you are saying hello to them. Use touch on their arms and hands by stroking them or moving them.

## **Good Morning Star shine**

Using your hands or a piece of fabric place them at eye height in different positions i.e.: directly in front of them, left hand side, right hand side. If the pupil does not see pat their body on different sides

<https://www.youtube.com/watch?v=paMdd65inHA>

## **Day of the Week (Happy days)**

Pupils to smell and Touch cue for the day of the week.

Monday: Lavender (Purple smooth felt)

Tuesday: Lemon (Yellow brisk felt)

Wednesday: Cinnamon (Very small brown granules)

Thursday: Orange (Orange netting)

Friday: Mint (Green Brillo Pad)

<https://www.youtube.com/watch?v=slvGKU7HF6M>



## Afternoon Routine

### **Good Afternoon (In the summertime- Kinks)**

Greet your child by saying hello to them. Shake hands, fist pump, hug your child. If you have one, use a big mac to let them say hello to you. See if your child will respond to your interactions or interact with you.

[https://www.youtube.com/watch?v=TYll6n\\_SRCI](https://www.youtube.com/watch?v=TYll6n_SRCI)

### **Lets Go Fly a Kite (Mary Poppins)**

Waft a piece of netting or fabric over and in front of your child. Try different paces. Make a big thing of going high with the fabric when you hear 'lets go fly a kite' and the word 'up'. Place a piece of fabric on your child's lap and see if your child makes movements with their arms or hands. Sing and enjoy the movements with your child.

<https://www.youtube.com/watch?v=-IXH9O94jak>

### **Shake your Sillies Out**

Join in the actions and sing with this song. If they find it hard to do the actions do it with them by holding their hands, using your fingers on their arms. Here are some examples:

- Jump crazies out: use two fingers up and down
- Stretch: take their hands see if they can move their hands towards yours

[https://www.youtube.com/watch?v=NwT5oX\\_mqS0](https://www.youtube.com/watch?v=NwT5oX_mqS0)

# Autumn Sensory Art



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is a picture of a paintbrush.

This is the sound cue that we use to let the child know that they will be doing the activity

<https://www.youtube.com/watch?v=odpFrgR5UwA>

## Autumn Sensory Art

Here are some ideas for Art for you to do at home with your child-related to Autumn.

Give your child opportunities to make choices within their activities e.g. choice of colour, items, brush or sponge. If possible and appropriate you can extend their learning by offering symbols with colours or match the same colour.

- Add Shaving foam to a tray. Squirt in red and yellow paint. You could use food colouring, but the colours will not be as bright
- For a sensory activity have your child swirl the colours together.
- Place paper on the foam and help your pupil to lightly press down then gently lift off
- Use a spare piece of card to scrape off the excess
- Leave to dry then cut out leaf shapes.
- Don't let the remaining foam go to waste continue the exploration.
- Foam is a great sensory experience and you could find more interesting pictures can be made from the result.



<https://theimaginationtree.com/saving-cream-marbling-autumn-leaves/>

# Leaf Mobile

<https://www.curbly.com/7564-how-to-make-a-leaf-mobile>

You will need:

- Real leaves or use the ones you have made.
  - A twig about 30cm
  - Thread
  - Scissors
- 
- Simply tie the thread around the stem of the leaf or make a hole in your paper leaf and hang it from the twig
- 
- Hang near a breeze so that your child can watch them flutter.



# Autumn Leaf Suncatchers

## Items needed:

- Clear contact paper
- autumn leaves – variety of colours
- Scissors
- Double sided tape

## Instructions:

- Collect a variety of colourful leaves from outside. If possible, let the students join in with the collection of leaves, they may enjoy watching the leaves fall from the trees in the windy weather of autumn. Let the students feel the different texture, listen to the noise as you crunch them, smell the different leaves and look at the different colours and shapes of the leaves- lovely sensory experiences.
- Cut two symmetrical squares of contact paper. Peel the backing off one of the squares and lay it flat on the table, sticky side up.
- Place the leaves on the sticky contact paper. (Support students to place leaves.)
- Cut the contact paper into the shape of an apple.
- Reinforce any part that is not sticking with double-sided tape.
- Secure the apples onto the windows of your home and enjoy the sun streaming in through the leaves.



Autumn Leaf Suncatchers  
[FirefliesandMudPies.com](http://FirefliesandMudPies.com)

<https://www.firefliesandmudpies.com/wp-content/uploads/Autumn-Leaf-Suncatchers-%E2%80%94-Fireflies-and-Mud-Pies.png>



## Pumpkin Carving

- You can find simple templates on google to help you with a design
- You will need a very sharp knife and something to scoop the seeds out with.
- Throw the seeds away or save them for planting later.
- The rest of the pumpkin you dig out can be explored or made into pumpkin pie, plenty of recipes on google
- After you have carved the pumpkin put a candle or battery light inside and sit back and watch the shadows with your child.



# Dish brush Fireworks

## You will need

- Paint: red blue or other bright colours that stand out. You could use yoghurt and food colouring if your child likes to put things in their mouths
- Paper, whatever you have but some colours will stand out better on black
- A [round dish brush](#) would be best but use what you have. The best brush is one that has been used a lot so the bristles are more spread out.



## Instructions

- Give the brush to your child to explore before it goes into the paint.
- Ask your child to choose what colour they would like to use first.
- Help them to dip the brush into the paint then dab onto the paper a few times then add the next colour and repeat the dabbing

<https://www.craftymorning.com/kids-fireworks-craft-using-dish-brush/>

## Autumn Tree Painting with Cotton Balls



### You will need

- Paper
- Red, orange and yellow paint
- Paintbrushes/ pegs
- Cotton wool

### Instructions

- Cut your paper in half for a horizontal painting
- Give your child the opportunity to choose the colours and pour them into the palettes.
- Paint the whole canvas with blue for the sky. Your child could use their hands to do this.
- Draw in a branch with a pencil.
- Make your cotton ball paintbrushes using the pegs and cotton wool balls and start painting.
- Support children to create the autumn trees by printing with the cotton tool.



# Diwali Divas

## You will need

- Ingredients for Salt dough
- One cup water,
- Two cups flour
- Two cups salt



## Instructions

- Have the dry ingredients ready for your child to explore.
- Mix in the water so that your child can feel the difference in texture, which do they prefer?
- Use hand under hand if needed to help your child roll the dough into a round ball.
- Then make a hole in the middle of the circle it must be big enough to fit a candle.
- Leave it to dry in the sun.
- Paint and decorate with bright colours.

# Autumn Sensory Music



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is a picture of a maraca

This is the sound cue that we use to let the child know that they will be doing the activity

<https://www.youtube.com/watch?v=rGOuDRVitGw>

# Autumn Singing

## Autumn Leaves are on the ground

To the tune of London Bridge is falling down

<https://www.youtube.com/watch?v=tPm7JTGIHcA>

You could use the leaves from the Sensory Art activity of shredded paper to represent the falling leaves. Use a stiff piece of card to make the 'swish' sounds. Put lots of shredded paper in a bowl and place your child's feet in to explore.

- Autumn leaves are changing colour, changing colour, changing colour  
Autumn leaves are changing colour all over town all over town
- Autumn leaves are falling down, falling down, falling down Autumn leaves are falling down to the ground.
- Take a rake and rake them up, rake them up, rake them up take a rake and rake them up on the ground.
- Make a pile and jump right in, jump right in, jump right in make a pile and jump right in on the ground.
- Autumn leaves are on the ground, on the ground, on the ground. Autumn leaves are on the ground all around



## Leaves Song

To the tune of 'Pitter, Patter, Pitter, Patter'

- Flut-ter, flut-ter, flut-ter, Flut-ter - Leaves are falling down,
- Flut-ter, flut-ter, flut-ter, Flut-ter - Falling to the ground.
- Drop-ping, drop-ping, drop-ping, drop-ping - Drop-ping on the ground,
- Lis-ten, lis-ten - to the Crunching all around.

(Keep some leaves to crunch so student can hear the sounds)

# Halloween Night when the Witches Run

<https://www.letsplaykidsmusic.com/spooky-sound-stories-for-halloween/>

- There was an old witch ,believe it if you can.
- She tapped on windows and she ran and ran.
- She ran helter-skelter with her feet in the air
- Cornstalks falling from the old witches hair.
- Swish goes the broomstick, meow goes the cat
- Plop goes the hop toad sitting on her hat.
- Whee chuckled I. What fun, what fun
- Halloween night when the witches run.
- Rattle goes the skeletons running down the lane,
- And a spooky tree taps the window pane
- Whee chuckled I. What fun, what fun
- Halloween night when the witches run.
- Jangle of the rusty chains the monster drags along.
- And bats go hoot for their Halloween song.
- Whee chuckled I. What fun, what fun
- Halloween night when the witches run.

## Ideas for making the sound effects

- Tap on a tray table for tapping on the windows
- Tap on your child's legs or arms in a running rhythm
- Use strips of paper for the sound of the corn stalks.
- Use a hat or stiff card for the swish
- Meow like a cat
- Drop a ball into a bowl of water
- A stick scraped on a wire basket for the rattling skeleton
- A twig scraping on the tray
- Rattle keys for the monsters chains
- Blow over the opening of a plastic bottle



## Rain Stick Sensory Sound Bottle

### Items you need:

- Water bottle
- Sticks and twigs
- Rice
- Super Glue

Let the children have to the rice and twigs to explore

1. Get a bottle and remove the sticker from it.
2. Put the rice, sticks and twigs into the bottle.
3. When happy with the contents, put glue inside the lid.
4. Then place the lid on the bottle and let it dry.

Introduce the children to the sounds the rice and twigs make when they are placed together in a bottle.





# Diwali Singing

## **Diwali's here (tune of London's Burning)**

[https://mayilict-](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/EeTAelFT8ZMoZMo0Kb36y4B6r2FpK5qSKRLL9Ca-NiRXQ?e=2zZMSJ)

[my.sharepoint.com/:u:/g/personal/m\\_goodwin\\_mayfield\\_bham\\_sch\\_uk/EeTAelFT8ZMoZMo0Kb36y4B6r2FpK5qSKRLL9Ca-NiRXQ?e=2zZMSJ](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/EeTAelFT8ZMoZMo0Kb36y4B6r2FpK5qSKRLL9Ca-NiRXQ?e=2zZMSJ)

Diwali's here (x2), Light the diwa (x2), Shine shine (x2), Light the way home (x2)  
Diwali's here (x2), Give the sweets out (x2), Crunch crunch (x2), Give my friend  
one (x2)

Diwali's here (x2), Wrap up warmly (x2), Spark spark (x2), Here are fireworks (x2)

## **Spark, spark Diwali (tune of Baa baa black sheep)**

[https://mayilict-](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/Ec0iVseV05dOnwEgsuWOFIBRbjcLYk_blmqnmvVWZwg4A?e=E5IFUn)

[my.sharepoint.com/:u:/g/personal/m\\_goodwin\\_mayfield\\_bham\\_sch\\_uk/Ec0iVseV05dOnwEgsuWOFIBRbjcLYk\\_blmqnmvVWZwg4A?e=E5IFUn](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/Ec0iVseV05dOnwEgsuWOFIBRbjcLYk_blmqnmvVWZwg4A?e=E5IFUn)

Spark spark Diwali, fireworks today, Sparklers sparklers, Diwali Day  
One shines and splutters, one twists and whirls, one shoots into the sky, burst into  
sparks and swirls.

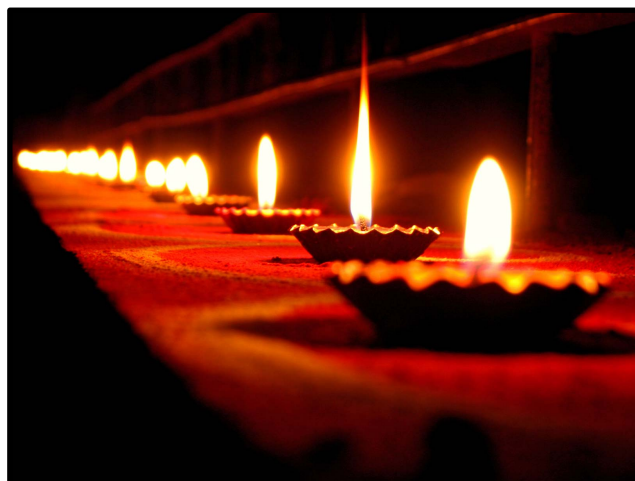
## **It's Diwali time (Tune of Muffin Man)**

[https://mayilict-](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/EbXINfkNP8RMkNjJFQ49ksgB16nFWCq0RwNmIrA2GrCqbg?e=QZIEhW)

[my.sharepoint.com/:u:/g/personal/m\\_goodwin\\_mayfield\\_bham\\_sch\\_uk/EbXINfkNP8RMkNjJFQ49ksgB16nFWCq0RwNmIrA2GrCqbg?e=QZIEhW](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/EbXINfkNP8RMkNjJFQ49ksgB16nFWCq0RwNmIrA2GrCqbg?e=QZIEhW)

Do you know it's Diwali time, Diwali time, Diwali time, do you know it's Diwali time,  
let's have a celebration!

Yes I know it's Diwali time, Diwali time, Diwali time, Oh yes I know it's Diwali time,  
we'll have a celebration!



# Diwali Singing

## **Light the way (Tune of Tommy Thumb)**

[https://mayilict-](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/EZ_6UmVacqdAmre-fhqAtggBUqfL2p2xVSoWs5iO6w7YCA?e=OcpUD5)

[my.sharepoint.com/:u:/g/personal/m\\_goodwin\\_mayfield\\_bham\\_sch\\_uk/EZ\\_6UmVacqdAmre-fhqAtggBUqfL2p2xVSoWs5iO6w7YCA?e=OcpUD5](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/EZ_6UmVacqdAmre-fhqAtggBUqfL2p2xVSoWs5iO6w7YCA?e=OcpUD5)

Diwali, Diwali, shines the light  
Light the way light the way, Diwali night

## **Saris of India (Margaret Corke)**

[https://mayilict-](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/EUqNSKIBxBdJtI8Z2WczkY8B9gVeuxcQcuhMLpUfwN8mlA?e=V7vw2S)

[my.sharepoint.com/:u:/g/personal/m\\_goodwin\\_mayfield\\_bham\\_sch\\_uk/EUqNSKIBxBdJtI8Z2WczkY8B9gVeuxcQcuhMLpUfwN8mlA?e=V7vw2S](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/EUqNSKIBxBdJtI8Z2WczkY8B9gVeuxcQcuhMLpUfwN8mlA?e=V7vw2S)

Saris of India float around you, Saris of India what a lovely view, Colours so  
bright, beautiful sight, Saris of India float around you

## **The Floating Scarves (Margaret Corke)**

[https://mayilict-](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/EbkuWS0UvaVBvwnMQ6lj74BU8rG22ZiOaSudV-15e36Sg?e=gSqcYD)

[my.sharepoint.com/:u:/g/personal/m\\_goodwin\\_mayfield\\_bham\\_sch\\_uk/EbkuWS0UvaVBvwnMQ6lj74BU8rG22ZiOaSudV-15e36Sg?e=gSqcYD](https://mayilict-my.sharepoint.com/:u:/g/personal/m_goodwin_mayfield_bham_sch_uk/EbkuWS0UvaVBvwnMQ6lj74BU8rG22ZiOaSudV-15e36Sg?e=gSqcYD)

The floaty scarves go up and down, up and down and all around and it's going  
over [Jamie]



# Autumn Sensory Cooking



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is a picture of a wooden spoon.

This is the sound cue that we use to let the child know that they will be doing the activity

[https://www.youtube.com/watch?v=fEb2aLa\\_gNA](https://www.youtube.com/watch?v=fEb2aLa_gNA)



# Summer Sensory Cooking

Here are some cooking activities that you can do with your child.

For each activity you can give your child ingredients to explore on separate trays and then together in a mixing bowl.

Let your child smell, touch, taste (if appropriate) ingredients that are used. In your child's mixing bowl you can let them help pour, mix items together.

Let your child explore the food at different stages so that they can see/feel/smell the differences.

## Hedgehog rolls

### Ingredients

- 500g pack brown bread mix
- 25g [butter](#)
- plain flour, for dusting
- 12 raisins



### Method

- Make the bread mixture with the butter following pack instructions.
- It's easiest to use a stand mixer but not difficult to do by hand.
- Leave the dough to rest for 5 mins, then knead for 5 mins.
- Cut the dough into six pieces.
- Dust the surface with a little flour and shape each piece into a ball by rolling it between your hand. Now make it hedgehog-shaped by pulling one side out a little and squeezing it gently into a snout. Be quite firm or it will bounce back.
- Put the hedgehogs on a baking sheet, cover with a damp tea towel and leave to rise for 1 hr.
- Heat oven to 200C/180C fan/gas 6. Using kitchen scissors (supervise younger children), carefully snip into the dough to make the spikes on the backs of the hedgehogs. Press raisins in for the eyes.
- Bake for 15 mins or until the rolls are risen and golden. Will keep for two days in an airtight container.

<https://www.bbcgoodfood.com/recipes/hedgehog-rolls>

## Sensory Autumn Biscuit

Equipment you will need:

- Mixing bowl
- Wooden spoon
- Biscuit cutters
- Rolling pin
- Baking tray

Ingredients you will need:

- 50g [2oz] caster sugar
- 100g [4oz] softened butter
- 150g [6oz] Plain Flour
- Food colouring-green yellow orange red
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg



Allow your child time to feel, explore and smell all the ingredients, look to see the likes and dislike of your child.

### WHAT TO DO

1. Set the oven gas mark 3 or 170c/325f grease your baking tray with a little butter
2. Using your mixing bowl put the sugar and butter, beat using your wooden spoon give your child support to hold the spoon mix until the mixture is soft, add in your flour, cinnamon or nutmeg, and your food colouring. Mix together until you can make ball in your hand
3. Sprinkle flour on your table and use the rolling pin to roll out the balls not to thick encourage your child to do as much as they can and you can support whenever, use your tree cutter and cut out the dough and put on your greased tray. Bake for 15-20 minutes.

Happy baking. Hope you all enjoy the nice smells.

## Pumpkin Rice Crispie Treats

### *Ingredients*

- 6 cups Rice Crispies
- 1 Liquid food colouring, Red & Yellow
- 1/4 cup Butter
- 1/4 cup Cooking oil or melted butter
- 1 M&m's, Green
- 1 bag Marshmallows, large
- Mini Rolos



### *Method*

- Melt butter and marshmallow's in a large bowl.
- Once melted add the rice crispies and mix all together.
- Then add the food colouring into the bowl to your own preference and mix again.
- Once mixed, grease your hands with butter and make balls with the mixture
- Place balls on to a baking tray and gently pierce a whole through the top centre of the ball.
- Then place the mini rolos on top to make a stem and add an M&M to make a leaf for finish touches
- All let them set in a cool place for approx. 30 mins

<https://onelittleproject.com/rice-krispie-treat-pumpkins/>

# Pumpkin Soup

## *Ingredients:*

- 2 tablespoons olive oil
- 1 onion, diced
- 4 medium sized potatoes, peeled and chopped
- 2kg pumpkin, peeled and chopped
- 2 litres vegetable stock (salt-reduced)
- 1 cup water

Spend time with your child exploring the range of ingredients – feeling, smelling, looking at them.

Give lots of time for responses. Provide over hand or under hand support when preparing the ingredients so your child can experience the different sensations and sounds.



## *Method:*

- Heat the oil in a large soup saucepan on a medium heat. Add onion and cook until soft.
- Add the potatoes, pumpkin, stock and water and bring to the boil.
- Reduce to medium heat and cook for 30 minutes (or until pumpkin and potatoes are soft), stir occasionally.
- Take off heat.
- Use a stick blender and blend until smooth.
- Add pepper and/or nutmeg to taste and serve.

<https://healthy-kids.com.au/pumpkin-soup-2/>

# Halloween Cupcakes

## Ingredients

- 200g [butter](#)
- 300g golden caster sugar
- 200g [dark chocolate](#)
- 2 [eggs](#)
- 250g self raising flour
- ¼ tsp [baking powder](#)
- mixed with 100ml boiling water
- 50g cocoa powder
- 200ml [milk](#)
- 1-2 tsp black food colouring (optional)
- For the buttercream
- 300g unsalted [butter softened](#)
- 500g icing sugar
- 1 tsp vanilla extract
- black food colouring

## For the decorations

- Pack of Smarties
- Black icing pen
- 1 pack mixed coloured fondant icing (you'll need pink, green, blue and white)
- Liquorice and strawberry laces and other sweets such as jelly fangs and liquorice all-sorts
- Icing eyes (see tip, below)



## Method

- Heat oven to 180C/160C fan/gas 4. Line two 12-hole cupcake tins with cases. Beat the butter and sugar until the mixture is creamy. Beat in the chocolate and the eggs until combined, then stir in the flour and baking powder, cocoa powder, milk and food colouring, if using. Spoon the mixture evenly between the cupcake cases, levelling the tops.
- Bake for 20 mins or until the cakes are risen and springy to the touch. Cool for 5 mins in the tin, then lift out onto a wire rack to cool completely.
- To make the buttercream, beat the butter until soft, then stir in the icing sugar a little at a time. Beat in the vanilla and some black food colouring, then transfer to a piping bag fitted with a plain nozzle.
- For the cat face, pipe the black buttercream in an even swirl onto the cupcake and smooth with a palette knife. Pipe two ears by making a blob for each and pulling the icing bag upwards to a point. Add two eyes on each with Smarties and use the black icing pen to paint a pupil onto each. Add a triangle nose made of pink fondant icing and create whiskers with sweets.
- For the monster faces, cut circles of green and blue fondant to fit the tops of the cupcake and fix them in place with a little buttercream. Add eyes, noses and mouths made of sweets or use icing eyes (see tip, below). For skeletons, cut out shapes with white fondant and fix in place with the buttercream.

# Sensory Cooking

## **COOKERY MASSAGE (by Andrea Muir)**

Creams: Use a fruity or vanilla scent

Music: Food Glorious Food

Additional resources: Playdough/Sieves/Foods to taste

- Bread making - gently kneed the back and shoulders as if working dough  
Sieving flour - grip your hands lightly on the students shoulders and shake them
- Cracking eggs - pat-pat your hand together with the students to make the sound of the egg hitting the side of the bowl
- Grating - Lightly scratch through the students clothes, up and down their arms
- Stirring mixture - make large circles on the students back.  
Alternatively on the students wrist or support them to make large circle movements with wrist
- Rolling pastry - rub up and down the students arm with a flat and open palm, as if pushing a rolling pin over pastry
- Pastry cutting - gently squeeze the hands as if pressing down on pastry cutlers
- Cooking - rub all over the students hands and feet, creating light friction and making them warmer
- Decorating - with index finger, swirl over hands and arms in patterns

# Autumn Sensory Story



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is a picture of hand bell.

This is the sound cue that we use to let the child know that they will be doing the activity

<https://www.youtube.com/watch?v=IHytjEi7B9g>



# Autumn Sensory Experience

## SCENE 1: Autumn Leaves

<https://www.youtube.com/watch?v=XTkUpIF5VIE>

### **Things you will need:**

- Leaves (either fake or real)
- Leaf mobile (make this with fake leaves)
- Autumn based pot pouri smell

### **During the song:**

- Let your child explore texture, shape and colour of leaves. Help your child to track leaves on a leaf mobile by moving them slowly from one side to another? Can they look at them? Do they track them left to right, near or further away?)
- Let your child smell an autumn based pot pouri. Can they smell it from different distances?

## SCENE 2: Wild is the Wind

[https://www.youtube.com/watch?v=1V\\_ZBSBsjsQ](https://www.youtube.com/watch?v=1V_ZBSBsjsQ)

### **Things you will need:**

- Leaves (either fake or real)
- Fan
- Empty containers (large and small)

### **During the song:**

- Let your child watch or feel the effect of leaves blowing. Can they look at them? Do they track them left to right, near or further away?)
- Let your child use / or see you use the fan to blow leaves. If not play a game where you blow the leaves.
- Help your child to empty/fill containers with leaves.





# Autumn Sensory Experience

## SCENE 3: Combine Harvester

<https://www.youtube.com/watch?v=Bjvffx-h2KM>

### **Things you will need:**

- Objects that roll such as ball, rolling pin, toy car

### **During the song:**

- Give your child objects that roll and let them experience making rolling and observing rolling movements. Do they notice the item rolling?
- Give your child roll massage by using light massage tools that roll such as a roller or hand ball roller. Do they respond to the massage, do they notice when you start and stop?, can they tell you they want more?

## SCENE 4: Halloween – Monster Mash

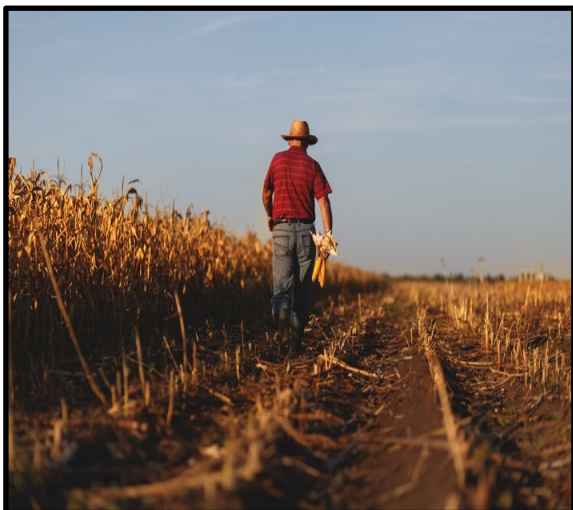
<https://www.youtube.com/watch?v=AxcM3nCsgIA>

### **Things you will need:**

- Monster mask (not too scary)
- Halloween torch
- Witches hat

### **During the song:**

- Let your child listen to monster / strange sounds.
- Pupils to look at and explore monster masks and halloween type toys.
- Shine a light into the black witches hat.



# Autumn Sensory Experience

## SCENE 5: Diwali – Dreams on Fire

<https://www.youtube.com/watch?v=Q5Yhk0tbrZA>

### **Things you will need:**

- White feathers
- Ultraviolet torch (optional)

### **During the song:**

- Let your child feel the feathers
- Help your child track white feathers by showing them against black fabric.
- Help your child to see the feathers under ultraviolet light. Can they look at them? Do they track them left to right, near or further away?)
- Can your child notice you hiding behind/ appearing from beneath the feathers? Does your child respond to the touch of feathers.

## SCENE 6: Fireworks – Baby You're a Firework

<https://www.youtube.com/watch?v=6BtI43kqkOI>

### **Things you will need:**

- Cheerleader pom poms

### **During the song:**

- Let your child track where the pom poms are,
- Let your child feel and hold different colour and sized pom pom's that are presented in a burst pause fashion.
- Let your child listen to firework sounds.



# Autumn Sensory Experience

## SCENE 7: City of Stars

<https://www.youtube.com/watch?v=GTWqwSNQCcg>

<https://www.youtube.com/watch?v=mpY7EMC92wA>

### *Things you will need:*

- Star lights
- Cut out stars hanging from a mobile

### *During the song:*

- Let your child look at the lights against a black background.
- Let your child feel and watch the floating stars. Can they look at them? Do they track them left to right, near or further away?)
- Massage your child to relax before the story ends. Do they respond to the massage, do they notice when you start and stop?, can they tell you they want more?





# Sensory Story: The Autumn Forest

Taken from: *Inspiring Communication*, Joe White

[https://inclusiveteach.com/wp-content/uploads/2019/10/Sensory-Story\\_-The-Autumn-Forest.pdf](https://inclusiveteach.com/wp-content/uploads/2019/10/Sensory-Story_-The-Autumn-Forest.pdf)

Sensory Stories are a combination of spoken words and sensory stimuli. Combining these elements creates a fun and engaging way of telling a narrative that meets the needs of all learners.

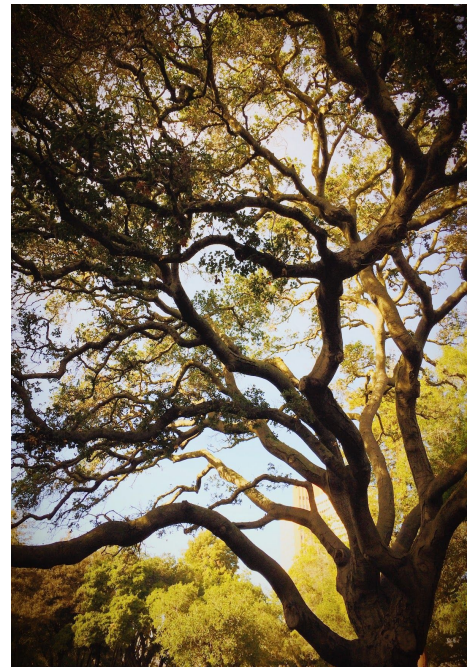
Sensory stories bring the words to life through a multi-sensory approach ensuring the learners are active participants. It also promotes turn taking, anticipation and learning to wait.

Whilst in this story we use a less pleasant "whiff" none of the sensory stimuli should be aversive to the young person. If they display a negative reaction replace that element of the story.

The ultimate aim is to inspire the young person to see the value in communicating. It is also a good idea to repeat the story to gain familiarity and a sense of anticipation.

## You will need:

- Water spray
- Fan
- Torch
- Talcum powder
- Brown/green material
- Forest smells (pine essential oil or leaves & damp earth)
- Dried leaves
- Brown material/paper
- Bark
- Twigs
- Acorns
- Fur material
- Berries or berry scents



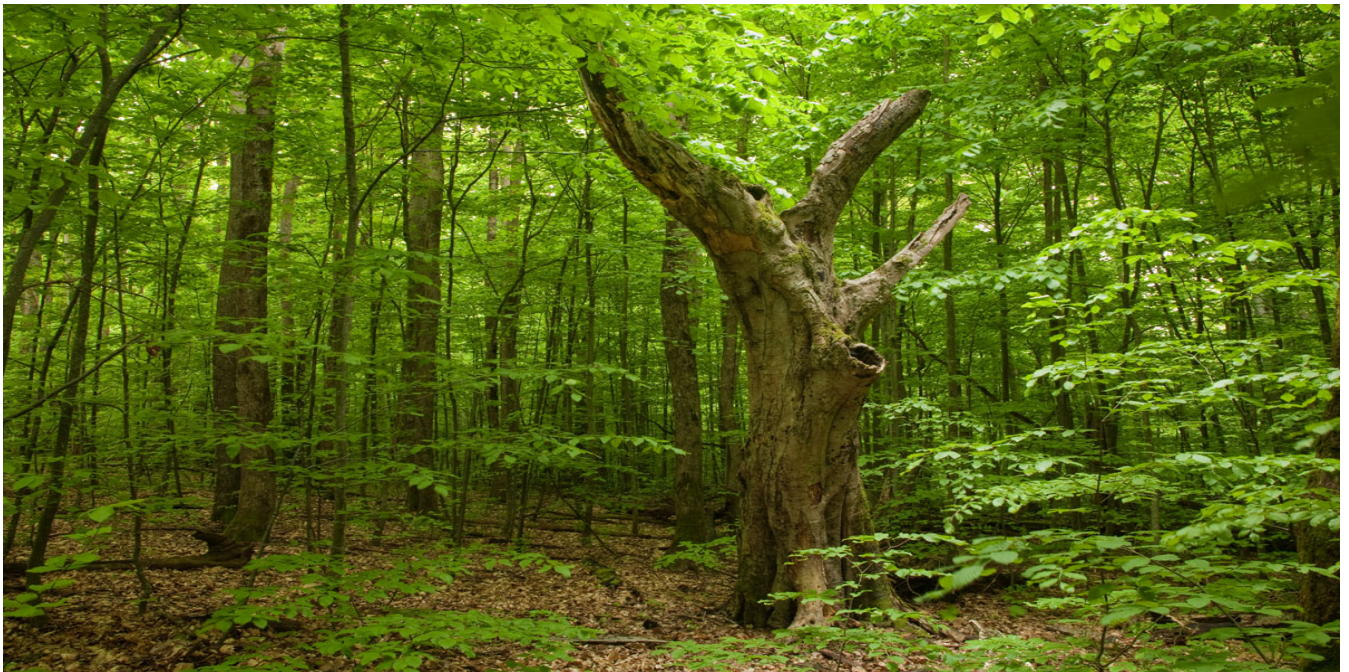
## The Autumn Forest

<u>What to say:</u>	<u>What to do:</u>
<p>Feel the cold and misty air, Damp upon your face. We creep towards the forest, A calm and mystical place.</p>	<p>Use a water spray mist, a hand held fan and play the forest ambient sounds. Link for sounds: <a href="https://inclusiveteach.com/wp-content/uploads/2019/10/70100_gregs_winford_eerie-forest.mp3">https://inclusiveteach.com/wp-content/uploads/2019/10/70100_gregs_winford_eerie-forest.mp3</a></p>
<p>Take a minute to sit, And watch the dusty sunbeams, Breaking upon leaves of yellow, Brown and green.</p>	<p>Hide under brown/green material. Blow talcum powder and shine a torch. Make forest smell with pine essential oil or using leaves and damp earth.</p>
<p>Autumn is here. Leaves begin their fall, Softly to the ground. Brown and crunchy, Yellow and Crisp, All together in a mound.</p>	<p>Explore dried leaves, throw them up in the air and watch them fall. Sensory umbrella with leaves. Brown material/brown paper. A sensory jar with leaves and twigs.</p>
<p>Each tree is wrapped up safe, In its armoured skin The scaly, rough bark, Protects the wood within.</p>	<p>Feel bark or larger twigs Explore rough and smooth material for contrast, Take bark rubbings with crayons</p>
<p>Lying cold and heavy, On the soft earthy, forest floor. A log, old, forgotten, hard outside, Rotting from the core.</p>	<p>Damp earth to smell, Soft and hard material in water to explore. A foam mat to lie on.</p>
<p>We walk further, Between the soaring forest trees, Snap, goes a twig, As leaves rustle in the breeze.</p>	<p>A twig to snap, Leaves on a branch to shake, A fan, Forest walk sound effect. Link for sound effects: <a href="https://inclusiveteach.com/wp-content/uploads/2019/10/201884_gute_k_footsteps-in-forest-02.mp3">https://inclusiveteach.com/wp-content/uploads/2019/10/201884_gute_k_footsteps-in-forest-02.mp3</a></p>



## The Autumn Forest

<b>With feathers soft, And a song so sweet, The robin flies, Hops and tweets.</b>	<b>Explore and play with feathers, Listen to the sound of bird song.</b> <a href="https://www.youtube.com/watch?v=Qfln7hggMoU">https://www.youtube.com/watch?v=Qfln7hggMoU</a>
<b>The squirrel builds his house High in the trees, Finding nuts and seeds, Before winters freeze.</b>	<b>Explore a bowl of acorns Squirrel puppet Feel fur material</b>
<b>The forest can provide Tasty food for us too Like this basket of berries The forest grew.</b>	<b>Raspberries and blackberries to smell or taste. Berry scents.</b>
<b>Now our sensory adventure Has come to an end. A trip to the forest in Autumn I do recommend.</b>	



# Autumn Sensory Story

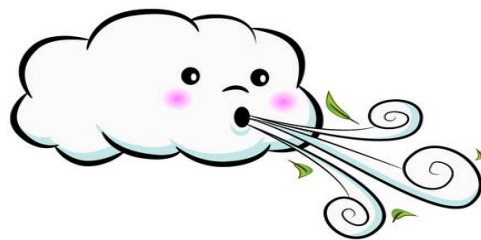


<u>What to say:</u>	<u>What to do:</u>
Autumn is here Autumn is here	
The wind is blowing Here, there and near	Use a piece of cloth, a handheld fan, or a strong piece of card for the children to feel the wind.
Autumn is here Autumn is here	
The rain is falling Tip top, tip top Here, there and near	Use water in a spray bottle or toy rain maker for the children to feel and listen to.
Autumn is here Autumn is here	
The trees are looking bare The ground is full of leaves Oh, what fun is it to walk And hear leaves rustling Here, there and near	Use real leaves or crunched up tissue paper for them to feel and listen to the noise.
Autumn is here Autumn is here	
The days are getting short Darkness is falling early However, let's not fear	Make the room dark (by turning off the lights or hiding under a blanket) and use a handheld torch for the children to experience the darkness.
Autumn is here Autumn is here	



## Autumn – A Short Sensory Story

<u>What to say:</u>	<u>What to do:</u>
<b>It is Autumn, The leaves are turning brown, They're falling from the trees All around the town.</b>	Play 'Leaf, little leaf' <a href="https://youtu.be/A-J17BlxDhk">song</a> : <a href="https://youtu.be/A-J17BlxDhk">https://youtu.be/A-J17BlxDhk</a>  Explore the dried leaves. Throw them up in the air, drop them on the children's head. Place them in a tray or on their lap to explore.
<b>It is Autumn, The skies are grey, The rain is falling, Again today.</b>	Use a water spray to spray your child. Open an umbrella over their heads. Drop/spray water onto the umbrella – can they hear it?  Listen to the umbrella song: <a href="https://youtu.be/mz_QfHD0mgl">https://youtu.be/mz_QfHD0mgl</a>
<b>It is Autumn A cold wind <u>blows</u>, My fingers are cold, So is my nose.</b>	Use a fan or a strong piece of cardboard to make it feel windy. How does your child respond?  Listen to this song about the wind: <a href="https://youtu.be/DPGT0D-8AS8">https://youtu.be/DPGT0D-8AS8</a>  Alter the speed of the fan in time to the music – faster and slower/ soft and gentle/ hard and strong.





# Dozy Dwight on Bonfire Night

This sensory story is created by Pete Wells  
and can be found online here:

<https://sensorystoriespodcast.com/free-special-stories/>

You can use the PowerPoint in this link if you  
have access to a computer, but it works  
just as well if you read the words and use  
the sensory ideas provided.

<https://equals.co.uk/wp-content/uploads/2017/08/Dozy-Dwight-on-Bonfire-Night.ppt>



Let me tell you the story of Dozy Dwight,  
A twit who came a cropper on bonfire night.  
He made more than his rockets and his bangers explode,  
Because he didn't follow the Firework code!

He kept his rockets in his pockets, instead of in a box,  
'Till they exploded and burnt him from his head to his socks!  
(Campfire smell)

He thought he'd bring his cat to watch, but should have kept the beast indoors,  
'Cos it clawed its way up his trouser leg, with sharp and spiky paws!  
(Cat noise)

Next he threw a rocket and it bounced straight off a wall,  
Now the silly nincompoop doesn't look very nice at all!

(Feel rock)

He brought the neighbours children but let them all out of his sight,  
When they put a banger in his pocket and he got an awful fright!  
(Drum)

To read a banger's directions, he used a naked flame,  
So now the silly pillock, won't look the same again!  
(Torch)

## Dozy Dwight on Bonfire Night (Cont)

He stood over a rocket, and then he lit the fuse,  
Everyone heard him screaming as he was blown out of his shoes!

(Swanny Whistle)

He then returned to a firework, right after it was lit,  
Somewhere right between the eyes, is where the fool was hit!

(Touch nose)

He threw used sparklers on the ground, while they were still red hot,  
Dwight jumped almost twenty feet as a spark shot up his bot!

(Fizzy sweet/popping candy)

"I'll set off *both* these rockets!" were the words that Dwight had said,  
Just before one struck his tummy, and the other hit his head!

(Feel rocket)

There's a sad ending to this story, so please try not to cry,  
Dwight looked so burnt and frazzled, people used him as the Guy!

(Spray with water)



# Autumn Sensory Tac Pac

## You will need:

- Marbles in a sock or small bag
- Spiky toys or scrunched up tissue paper
- Woollen scarves or blankets
- Soft brush
- Massage cream
  - pine, cedarwood or cinnamon are nice autumn scents if you want to mix your own using essential oil. But whatever creams you have in the house work just as well.



## **Track 1: The conkers are falling to the ground**

Pat/gently drop the bag of marbles on the child's arms/legs.

<https://www.youtube.com/watch?v=iEegHOnuPJM>

### What to look for:

Do they children seek to explore using their hands?

Do they anticipate the feeling of the marbles dropping on them gently?

Do they have a preference to heavy/ gentle, fast/ slow?

Do they communicate they want the feeling on a different part of their bodies?

## **Track 2: I can hear the hedgehogs rustling through the leaves.**

Use the spiky toy or scrunched up tissue paper on their arms or legs

[https://www.youtube.com/watch?v=Ey\\_V4kx7sb4](https://www.youtube.com/watch?v=Ey_V4kx7sb4)

### What to look for:

Do they react?

Do they have a preference of where they would like the feeling?

Do they prefer gentle or firm?

## **Track 3: Pull your woolly jumper on – it's getting cold.**

Use the woolly blanket, jumper or scarf and rub it around their neck

<https://www.youtube.com/watch?v=2RMfEPb2fQ0>

### What to look for:

Do they anticipate?

Do they react if it tickles or feels nice?

Do they communicate where they want it?

Do they seek to explore the wool in different ways?

## Autumn Sensory Tac Pac (cont)

### **Track 4: Let's sweep up the leaves.**

Use the soft brush on their hands, feet, arms and legs.

<https://www.youtube.com/watch?v=5U2zApleWdY>

What to look for:

Do they anticipate and hold their arm out?

Do they have a favourite arm or place?

Do they prefer gentle or firm?

### **Track 5: Come in from the cold and cuddle up.**

Use the cream to give a hand or foot massage and listen to the music together.

<https://www.youtube.com/watch?v=uv2Dko2EB9A>

What to look for:

Do they respond to the smell of the cream or the touch of your hand?

Do they anticipate the massage?

Do they visibly relax and enjoy it?

Taken and adapted from:

<https://sensorydispensary.blogspot.com/2017/12/an-autumn-tacpac.html>





# The Leaf Man

This sensory story for Autumn was adapted from the popular children's book "[The Leaf Man](#)" by Lois Ehlert.

## Materials you need:

- Compost (put compost in a tray and add a little water)
- Bowl with cold water
- Feather
- You tube
- Fan (electric or battery)
- Apple
- Apple Puree
- A bunch of keys

Introduce the story by listening to the sound recording of the wind. <https://youtu.be/ZD47Mhzm-CU>

Sensory Story	Instructions
Leaf Man used to live near me, in a pile of leaves	Explore the tray of leaves, scrunch, listen and feel.
but yesterday the wind blew Leaf Man away, he left no travel plans.	Use a fan, let your child activate the fan (if he/she can) to feel the breeze for wind, watch and listen to the leaves blowing away.
The last time I saw him, he was heading east past the chicken	<a href="https://youtu.be/-MEuc2JufyY">https://youtu.be/-MEuc2JufyY</a> Press the link above, give your child a feather and let he/she explore it while listening to the recording on you tube.
towards the marsh.	Support your child to explore the wet, cold soil for the marsh.
Well Leaf Man's got to go where the wind blows	Use a fan, let your child activate the fan (if he/she can), let him/her listen and feel the wind from the fan.
Is he drifting west above the orchards?	Smell and feel an apple, taste some apple puree. Smell and feel a pear, taste some pureed pear.
Or past the spotted cows?	<a href="https://youtu.be/68D2kmKVI0I">https://youtu.be/68D2kmKVI0I</a> Press the link above, allow your child to hear the recording of cow noises.
Maybe Leaf Man is flying along the river following butterflies going south.	<a href="https://youtu.be/9r5b8UiCgEI">https://youtu.be/9r5b8UiCgEI</a> Press the link above and listen to the sounds of the river/water recording. Let your child feel the cold water on his/her hands/feet.

## The Leaf Man (cont)

When Leaf Man looks down on earth, is he lonesome for a home?

Object of reference for home (e.g., big key, bunch of keys). Leave a pause at the end of the sentence.

This I do know! Where a Leaf Man will land, only the wind knows.

<https://youtu.be/ZD47Mhzm-CU>

Press the link above and listen to the sound of the wind recording.





# Autumn Sensory Exploration



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is called a space blanket.

This is the sound cue that we use to let the child know that they will be doing the activity

<https://www.youtube.com/watch?v=la0-5QFLr14>

## Autumn Exploration

<u><b>Music</b></u>	<u><b>Instruction</b></u>
<a href="https://www.youtube.com/watch?v=iEegHOnuPJM">https://www.youtube.com/watch?v=iEegHOnuPJM</a> The conkers are falling to the ground.	Use a bag/sock of marbles and gently press on your child's feet.
<a href="https://www.youtube.com/watch?v=Ey_V4kx7sb4">https://www.youtube.com/watch?v=Ey_V4kx7sb4</a> I can hear the hedgehogs rustling through the leaves.	Allow your child to feel something spikey.
<a href="https://www.youtube.com/watch?v=2RMfEPb2fQ0">https://www.youtube.com/watch?v=2RMfEPb2fQ0</a> Pull your woolly jumper on it's getting cold out here.	Put a woolly jumper on your child.
<a href="https://www.youtube.com/watch?v=5U2zApleWdY">https://www.youtube.com/watch?v=5U2zApleWdY</a> Mom is raking up the leaves.	Use a comb and gently move it across your child's palms.
<a href="https://www.youtube.com/watch?v=uv2Dko2EB9A">https://www.youtube.com/watch?v=uv2Dko2EB9A</a> Quick, did you see that squirrel run up the tree.	Use a feather duster/furry object, move it all over your child's body.
<a href="https://www.youtube.com/watch?v=wDikrHjHJjM">https://www.youtube.com/watch?v=wDikrHjHJjM</a> I am busy collecting the pinecones that have fallen to the ground.	Put pinecones in your child's hands, allow him/her to explore them.
<a href="https://www.youtube.com/watch?v=tHGgi9eXQ7g">https://www.youtube.com/watch?v=tHGgi9eXQ7g</a> It's time to go inside now it's starting to rain.	Use a spray bottle with water, spray it on your child's hands, feet or over his/her head.

# Orange Playdough

## You will need:

- 1 cup Flour,
- 1 cup Salt
- 2 teaspoons Orange food colouring
- Rolling pin
- Bowl
- ½ cup cold Water
- Pumpkin



- Parents or older siblings to arrange all ingredients in separate bowls. Offer the child one item and allow time to explore, feel, smell. Do they show any preference for water, salt, or flour?
- Explain to the child you are making Orange playdough to make into small Pumpkins, refer to the pumpkin and allow child to feel, touch and hold.
- Collectively with the child, measure equal amount of flour and salt into a bowl and encourage child to mix with fingers.
- Mix the food colouring into the water, show child- matching it to the pumpkin.
- Then gradually add (half cup of water), encourage and allow child to continue mixing.
- Support child to knead the dough and allow time for this exploration.
- Make into small round pumpkins
- If the child wants you can support them to roll out the playdough and cut into desired/simple shapes.



# Halloween Colours

## You will need:

- Rice
- Bow pasta
- Orange and black food colouring.  
(if Black is not available use black paint)



- Collectively with the child soak rice in orange food colouring
- Paint the bow pasta in black paint with fingers or brush/sponge
- Allow child to explore the rice and pasta and leave to dry.
- Show child the coloured bows and pasta.
- Allow child to take handfuls and sprinkle out of hands.
- Make into arrangements and allow time for exploration.
- Play spooky music whilst child explores

<https://www.youtube.com/watch?v=laVliNnVhZk>

## Other Ideas:

- Give child tweezers to pick out the pasta bows.
- To fill cups with spoons and empty them
- Separate the bats and rice
- Give child spoons/cups or tweezer to mix/fill and empty whilst exploration





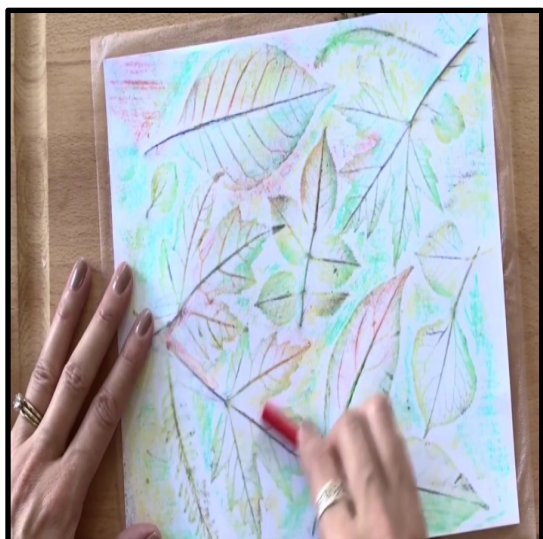
# Leaf hunt and leaf rubbings

## Materials

- Leaves
- Autumn colour Crayons (orange, yellow, brown, bronze)
- Paper



- Take the child on a walk in the garden, park, on the street where child can see trees and leaves.
- Pick and collect fallen leaves.
- Emphasise the leaves had fallen from the trees by demonstrating and using body language of falling.
- Bring leaves back to the table
- Allow child to arrange the leaves
- Encourage your child to pick and choose the leaf for the rubbing.
- Give your child choice of crayons to choose from. Say the name of the colour.
- Place the leaf under the paper and support child to make leaf rubbings by rubbing the crayons over.



# Water play with Speckled Frogs, Spiders and Bats

## Materials

- Spooky toys ( bats, spider, frogs)
- Bowl
- Water
- Number cards



- Play the song 5 speckle frogs or 5 little ducks went swimming one day for child to familiarise self to counting.
- Present the objects (bats/spiders/frogs) on a table for child to choose.
- Add the chosen objects to the water and allow child to play and move hands and objects in the water.
- Use the rhythm of five ducks or speckle frogs song (found on YouTube) and use Halloween objects in the water.
- Select the tune that the child likes and sing (adapt the song) whilst the child plays.

# Autumn Sensory Massage



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is called a space blanket.

This is the sound cue that we use to let the child know that they will be doing the activity

<https://www.youtube.com/watch?v=la0-5QFLr14>

# Story Massage

'The Story Massage Programme combines the benefits of positive touch with the fun and creativity of words – whether as story, rhyme or song. Ten simple massage strokes form the basis of the programme. These strokes have a name, such as *The Circle* or *The Sprinkle*, and an easy to recognise symbol making it fully accessible for all ages and abilities'.

'We all love stories. When combined with the benefits of simple massage strokes, stories present wonderful opportunities for creative fun and interaction. Sharing positive touch offers great scope for imaginative activity and learning for children of all ages and abilities'

Story Massage can bring:

- Improved calmness and concentration
- Increased self-confidence, self-awareness and self-esteem
  - Improved social skills
  - Increased engagement in activities
  - Better communication
- Building respect and positive relationships

(taken from <https://www.storymassage.co.uk/the-story-massage-programme/>)

**To find out more about the approach please see:**

[www.storymassage.co.uk](http://www.storymassage.co.uk)

You can find some examples of story massage on you tube by searching 'story massage'

or by following this link:

<https://www.youtube.com/channel/UCf--6HoMSnQNP-IdaN56CnQ>



# The Haunted Woods Halloween Massage







Written for the Story Massage Programme  
<https://www.storymassage.co.uk/sensory-story-massage-for-halloween/>



	The Fan	In the Haunted Woods it was deep and dark
	The Sideways wave	The trees were rustling in the howling wind
	The Sprinkle	The ghosts were floating through the trees
	The Bounce	And the moonlight flickered between their leaves
	The Circle	The bats were flapping in the moonlit sky
	The Walk	While spiders scurried in their glistening webs
	The Claw	Rats were squeaking around their feet
	The Sprinkle	And the raindrops dripped upon our clothes
	The Squeeze	We hug each other to keep us safe
	The Drum	Lucky we are together, so we're NOT SCARED
	The Calm	It's not so haunted in the night-time woods!

# Incy Wincy Spider









Written for the Story Massage Programme  
<https://www.storymassage.co.uk/sensory-story-massage-for-halloween/>

	The Sprinkle	Incy Wincy Spider Climbed up the water spout
	The Upside Down Fan	Down came the rain And washed the spider out.
	The Circle	Out came the sunshine And dried up all the rain
	The Sprinkle	And Incy Wincy Spider Climbed up the spout again.



## Remember, Remember the Fifth of November

From the Story Massage book: Once Upon a Touch (2016)









	The Circle	The Catherine wheel sparkles brightly as it spins faster and faster.
	The Bounce	Rockets blast into the sky.
	The fan	Explosions fill the sky with light and colour.
	The Squeeze	You can hear bangers and fire crackers all around you.
	The Sprinkle	Children are using sparklers to write their names in the air.
	The Fan	The last firework is spectacular.
	The Wave	The smoke clears.
	The Calm	All is calm once more.



# Smiling is Infectious

by Spike Milligan Adapted for the Story Massage Programme

[www.storymassage.co.uk](http://www.storymassage.co.uk)

	Smiling is infectious. You catch it like the flu.
	When someone smiled at me today. I started smiling too.
	I walked around the corner And someone saw me grin.
	When he smiled, I realised I had passed it on to him.
	I thought about the smile And then realised its worth.
	A single smile like mine Could travel around the earth.
	So, if you feel a smile begin Don't leave it undetected.
	Start an epidemic And get the world infected.



# Autumn Sensory Movement



This is a picture of the object of reference that is used to let the child know that they will be doing the activity. This is called a space blanket.

This is the sound cue that we use to let the child know that they will be doing the activity

<https://www.youtube.com/watch?v=la0-5QFLr14>

# Autumn Movement

Use youtube/spotify to access songs that have been suggested or click on the links below:

- **I want to break free** – intro to session, remove shoes, etc.  
<https://www.youtube.com/watch?v=GBthBQ-cKJA>
- **It ain't what you do** – loosen up whole body, gentle warm up, etc.  
<https://www.youtube.com/watch?v=0A-w5L7pygE>
- **Tiger feet** – get feet moving, ankle rotations  
<https://www.youtube.com/watch?v=UMaQUdzsHU>
- **Baggy trousers** – moving legs, marching actions, etc.  
<https://www.youtube.com/watch?v=x5-F5JXYiHQ>
- **Rock around the clock** – hip movements, gentle twists, sways, etc.  
<https://www.youtube.com/watch?v=b1iukJkOb0M>
- **Don't worry, be happy** – musical interlude as a short breath catcher.  
<https://www.youtube.com/watch?v=2PlgN0ta6E8>
- **Rocking all over the world** – upper torso rocking and swaying  
<https://www.youtube.com/watch?v=fAnP2ck-7o4>
- **We will rock you** – shoulder movements, rotations, extensions, etc.  
[https://www.youtube.com/watch?v=mhTRhAX\\_QBA](https://www.youtube.com/watch?v=mhTRhAX_QBA)
- **Reach out or Reach** – arms stretching up, down, in and out.  
<https://www.youtube.com/watch?v=D6raJlulq40>
- **Hand jive** – manipulate wrists / hands as a whole or individual fingers.  
<https://www.youtube.com/watch?v=osjiniSaVTao>
- **Oops upside your head** – Gentle head movements, very calm and subtle.  
<https://www.youtube.com/watch?v=yVjFwcdQIN0>
- **Barcarole** – musical interlude as a short breath catcher.  
<https://www.youtube.com/watch?v=W8yenFBRNAI>
- **Cha Cha slide** – whole body 'dancing' or moving – possibly follow moves within the song.  
<https://www.youtube.com/watch?v=wZv62ShoStY>
- **Keep on moving** – slow down, gentle stretching of limbs.  
<https://www.youtube.com/watch?v=liQl46-zlcM>
- **Fields of gold** – Relax and lie down, close of session.  
<https://www.youtube.com/watch?v=9UVjjcOUJLE>

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## Some Summer Sensory Movement Ideas:

Yoga idea – where appropriate and suitable to your child's needs

[https://www.youtube.com/watch?v=SpNQc4I\\_abk](https://www.youtube.com/watch?v=SpNQc4I_abk)

Movement songs – use these songs to develop body awareness and to aid development of physical skills. Body movements can be supported and encouraged to be independent where appropriate. Play, be silly and have fun.

## Shake your sillies out:

[https://www.youtube.com/watch?v=NwT5oX\\_mqS0](https://www.youtube.com/watch?v=NwT5oX_mqS0)

## Hand movements (using playdough):

<https://www.youtube.com/watch?v=BOLR3pQt8zg>

## Body parts

<https://www.youtube.com/watch?v=BwHMMZQGfOM>

## Head, shoulder, knees and toes

<https://www.youtube.com/watch?v=ZanHgPprl-0>



## Autumn Sensory Movement

Track	Guidance
<a href="https://youtu.be/kdih7kjmQJw">https://youtu.be/kdih7kjmQJw</a>	Start by using a light scarf and throw it over your child's head and body, let it glide over your child's head and body.
<a href="https://youtu.be/z0vaSHisLhY">https://youtu.be/z0vaSHisLhY</a>	Sit on a flat surface and position your child in front of you between your legs, pat him/her on the body using your hands.
<a href="https://youtu.be/OpK12KUzUW0">https://youtu.be/OpK12KUzUW0</a>	Stay in same position as above, rock your body side to side, hand under hand dance movements to music.
<a href="https://youtu.be/JxBifSuTeMU">https://youtu.be/JxBifSuTeMU</a>	Lay your child on his/her back, position yourself in front of him/her, place a drum or substitute for a drum under your child's feet, follow the beats of the song, increase/decrease the bounce according to song's pace.
<a href="https://youtu.be/-CXrxNTrUXo">https://youtu.be/-CXrxNTrUXo</a>	Use the vibrating massage tool on your child's lower body; feet and legs.
<a href="https://youtu.be/xl9NfAetZyk">https://youtu.be/xl9NfAetZyk</a>	Use baby oil and firm touch to massage your child's whole feet.
<a href="https://youtu.be/RVmG_d3HKBA">https://youtu.be/RVmG_d3HKBA</a>	Finally, leave your child just to listen to the final track under a soft blanket or his/her favourite blanket.



