

Planning Successful Transitions for Children with ASN in the Early Years

Sensory Story



Starting Nursery (Early Learning Centre):

'It's time to Play'

What is a Sensory Story?

A Sensory Story uses words and sensory objects, to stimulate a child's senses, to help them learn about their world by bringing new experiences to life.

This particular Sensory Story has been created to support children to prepare for some of the noises, smells and experiences they might have as they start their Early Learning Centre / Nursery.

The story is designed to give a generic example of an ELC experience but can be adapted to suit individual child's needs or individual ELC's. If you require help in adapting the story, please contact your Pre-School Home Teaching, Key Worker.

The sensory project has a great two minute clip on their website explaining Sensory Stories and how children who have challenges learning about their world using traditional methods including books and talk, can benefit from Sensory Stories to help them in their understanding, learning and preparation for new experiences:




<http://www.thesensoryprojects.co.uk/the-sensory-story-project>




How to prepare for your Sensory Story:

- **Read the story** through a few times yourself before introducing it to the child so you know what you are going to do. Identify any sections you want to adapt or miss out e.g. Nappy changing.
- **Gather resources** you will need in advance.
- **Choose a time** when your child is most likely to engage and you are least likely to be disturbed.

Telling your Sensory Story:

- **Have Fun!** Never force your child to join in. It should be a fun activity to enjoy together. Encourage your child to join in where you can. If they won't, providing they are safe, continue with the story so they continue to hear it from a distance.
- **Keep your language simple!**
- **Be animated!** Have fun, use variations in your voice and facial expressions to help to engage your child and build their curiosity.
- **Repeat, Repeat, Repeat!** The more often your child hears the story (1-2 times a day if possible), the more likely they will be to remember and understand it.
- **Be consistent** in the way you tell the story, use the props and actions you use to encourage your child to join in.
- **Take your time.** Make it a relaxing experience for your child and give them the time they need to process their new learning and join in, where they can, when they are ready.

| Story Theme: A visit to nursery / Early Learning Centre | | |
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| Story/Rhyme Spoken or Sung to the Tune of: London Bridge is Falling Down | | |
| Suggested Objects | Possible Activities | Story / Rhyme |
| <p>Nursery Jumper</p> <p>T-Shirt...or similar clothing item that the child wears to nursery</p>  | <p>Visual – Sign – Jumper. Hold up Jumper.</p> <p>Touch – Feel the texture of the Jumper if it has a logo, touch the stitching, talk about the logo</p> <p>Smell – Familiar washing powder, softener from home</p> <p>Proprioception – Explore the feeling and movements of the jumper of going over the child's head, arms and across the body.</p> | <p>Jumper on for nursery, Nursery, Nursery.</p> <p>Jumper on for Nursery it's time to play.</p> |
| <p>Nursery Backpack</p> <p>...or Bag with a Keyring / Fidget Toy attached</p>  | <p>Visual – Sign – Bag Hold up bag, encourage focus on Key Ring</p> <p>Touch – Feel the texture of the Bag. Handle and talk about the Keyring.</p> <p>Smell – Personal belongings often have environmental smells of 'home'.</p> <p>Hear – The sound of the key-ring tapping the bag/zip might make its own unique sound</p> <p>Proprioception – Explore the feeling and movements of the Backpack going on.</p> <p>Vestibular – Allow the child to explore how the weight of the backpack affects their balance and walking.</p> | <p>Bag is ready for Nursey</p> <p>Off we go, off we go</p> <p>Bag is ready for nursery, it's time to play.</p> |
| <p>Gym Shoes or Nursery Shoes</p>  | <p>Visual – Sign – Shoes On. Hold up shoes, look at them together.</p> <p>Touch – Feel the textures. Handle and talk about soft material, hard rubber sole, textures of the grip.</p> <p>Smell – Often new gym shoes have a unique smell – a combination of new shoes and rubber soles.</p> <p>Hear – Tap the rubber soles together for the sound of stamping feet. Listen to the sound of the Velcro opening and closing.</p> <p>Proprioception – Explore the feeling and.</p> <p>Vestibular – Allow the child to explore how the weight of the backpack affects their balance and walking.</p> | <p>Gym Shoes on for Nursery</p> <p>Stamp, Stamp, Stamp.</p> <p>Wave Bye - Bye.</p> <p>Gym Shoes on for Nursery it's time to play.</p> |

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| <p>Wooden Blocks</p>  | <p>Visual – Sign – Building Hold up blocks, look them together.</p> <p>Touch – Feel the textures. Handle and talk about them being hard, corners, shapes.</p> <p>Hear – Tap the blocks for the sound of the bricks crashing together.</p> <p>Proprioception – Explore the feeling of picking up the bricks, using hand and eye co-ordination to practise moving blocks from one area to another or placing to tower blocks.</p> | <p>Building Blocks in Nursery, Build them up - Falling Down, Building Blocks in Nursery it's time to play.</p> |
| <p>Paint Brush</p> <p>Or...Baking Brush, Water, Paper</p>  | <p>Visual – Sign – Painting. Hold up Paintbrush.</p> <p>Touch – Feel the texture of the brush. Handle, Bristles</p> <p>Hear – Listen to the dab</p> <p>Proprioception – Explore the feeling and movements of the jumper of going over the child's head, arms and across the body.</p> | <p>Painting in Nursery, Paint, Dab, Paint Paint, Dab, Paint Paint a Picture in Nursery it's time to play.</p> |
| <p>Empty Carton and Straw</p> <p>Or...Piece of Fruit e.g. Orange, Apple, Orange</p>  | <p>Visual – Sign – Eat, Drink. Hold up Snack.</p> <p>Touch – Feel the carton, Explore the straw, Explore the texture of the fruit.</p> <p>Hear – Listen to the sound of the straw in the empty carton</p> <p>Taste – Milk, Water, Fruits</p> | <p>Having snack at Nursery Eat and Drink, Eat and Drink, Having Snack at Nursery it's time to play.</p> |

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| <p>Grass / Buttercups / Daisy's</p> <p>Lavender</p> <p>Hand Fan</p>  | <p>Visual – Sign – Garden or Tree's / Flowers. Look at a tray of grass Buttercups, Daisy's, Twigs etc.</p> <p>Touch – Feel the texture of the items in the box one at time. Feel the wind from the fan.</p> <p>Smell – Freshly cut if possible, scented flowers, lavender scent</p> <p>Hear – Snapping Twigs, Wind from the fan</p> | <p>In the garden at Nursery</p> <p>Flowers and Grass</p> <p>Flowers and Grass</p> <p>In the Garden at Nursery</p> <p>it's time to play.</p> |
| <p>Pull-Up's / Nappy Changed</p>  | <p>Visual – Sign – Nappy / Clean. Look at Pull-ups / Wipes</p> <p>Touch – Feel the texture of the wipes and pull-ups. Feel the texture of the pack.</p> <p>Smell – The scent from the wipes</p> <p>Hear – The rustling of the wipes/ pull-up's</p> | <p>Pull-ups (Nappy) changed at Nursery</p> <p>Nice and Clean</p> <p>Nice and Clean</p> <p>Pull-Ups Changed at Nursery</p> <p>it's time to play.</p> |
| <p>Coat on and Zip</p> <p>...or picture of 'home'</p>  | <p>Visual – Sign – Jacket on. Hold up Jacket again, point out any identifiable features e.g. logo's, keyrings on zips, cosy linings.</p> <p>Touch – Feel the texture of the jacket, touch logos or keyrings, the zip etc.</p> <p>Smell – Again, children will recognise any familiar washing powder or softener from home</p> <p>Hear – The sound of the Jacket or the Zip going up and down.</p> <p>Proprioception – Explore the feeling and movements of the jacket going across the child's body. Enjoy practising the movements of zips going up and down.</p> | <p>Nursery's finished,</p> <p>It's time to go home.</p> <p>Time to go home, Time to go home</p> <p>Nursery is finished its time to go home</p> <p>We're finished play!</p> |

Sensory Story References and Links:

<http://www.thesensoryprojects.co.uk/the-sensory-story-project>

<https://www.theguardian.com/teacher-network/teacher-blog/2013/nov/06/sensory-stories-reading-five-senses>

<https://talksense.weebly.com/sensory-stories.html>

<https://www.mencap.org.uk/blog/create-your-own-sensory-story-7-steps>