



# SENSORY STORY TELLING





# Why do we tell a story?



- ▣ They enrich our lives and contribute to our identity. They give us the ability to form our experience and remember it.
- ▣ They help us to share experiences creating bonding social events.
- ▣ Stories are in constant dialogue with society. Each generation is shaped by stories.
- ▣ Every Story is influenced by our norms and values.

# Why do we need sensory stories?

- ▣ Sensory stimulation is not only necessary for brain development but it is essential to maintain our faculties.



How many senses  
can you name?

# Our Senses: 5+2

- ▣ Touch
- ▣ Taste
- ▣ Hearing
- ▣ Smell
- ▣ Sight
- ▣ Vestibular
- ▣ Proprioceptive



# Sensory stories stimulate the senses

- ▣ They are a first step in identifying experiences that individual may find hard to cope with.
- ▣ They offer senses' stimulation in a non threatening way in a familiar and safe place.
- ▣ They support language by providing the object of reference.
- ▣ They encourage verbal communication and speech. Having an object to refer to, reduces anxiety caused by fear of not being able to be understood.
- ▣ They help memory thanks to the presentation of events linked to specific stimuli.
- ▣ Helps to focus on the story by giving objects to explore to focus on (especially in people with attention deficit and hyperactivity disorder.)



# What is the function of a sensory story?

- ▣ Calming:

sensory stories can have a calming effect. They give the opportunity to focus on the topic and to stimulate interest

- ▣ Preparing :

for example by having a story about a specific topic like colours.

Make a basic story around colours.

Gather the objects you need

# The structure of a sensory story

- ▣ Be prepared (lay out the sensory stimuli somewhere easy to reach, so that you don't have to interrupt the story to find the stimuli. If possible, have a beautiful box that stimulates curiosity.
- ▣ Take your time (don't rush, give pupils time to absorb and respond to what is going on.)
- ▣ Stick to the text (when the auditory cues change it is harder for the child to learn the expected response.
- ▣ Keep the text simple and focus on the main key words.
- ▣ Keep the story within 10/14 lines and use succinct sentences.
- ▣ Always keep in mind who you are sharing the story with.
- ▣ Assess to measure progress of response.
- ▣ Stop as soon as the conditions are not being met and restart when they are met.



# Ideas, What Can be used in a sensory story?

- ▣ Scents (lip balms come in different scents citrus, lemon, strawberries etc...)
- ▣ Different materials
- ▣ Led light (for example if we need a Moon)
- ▣ Audio (music, jingles, animals environment sounds)
- ▣ Videos
- ▣ Songs to sing together
- ▣ Always make it relevant and suitable for the audience.



# Sensory Story example:

- ▣ Title: The land of colours:
- ▣ Resources used:





# Resources and where they could be found.

- ▣ Bells (pound shop, music toys)
- ▣ Black, pop up laundry basket (cheap on amazon)
- ▣ Christmas battery operated lights (pound shop)
- ▣ Empty sweets container
- ▣ Black material (charity shop)
- ▣ Flower necklace (pound shop)
- ▣ Cheap perfume to spray the flowers necklace.
- ▣ Halloween musical light (Sainsbury/Tesco during Halloween season.
- ▣ Bottle spray (pound shop)
- ▣ Streamers in different colours (pound shop/ e-bay/ amazon)
- ▣ Musical unicorn (amazon/e-bay/wish)
- ▣ Musical Flower (amazon)
- ▣ Sad smiley cushion (amazon)
- ▣ Sequin multicolour cushion (amazon)
- ▣ Bubbles (pound shop)
- ▣ Musical spinning light (amazon)
- ▣ Rainbow umbrella (Amazon)

# Example of story plot:

1. Once upon a time in the land of colours (shake the bells to attract the child/children attention, if able they can shake the bells too)
2. Children lived happily in the land of colours (use the sequin cushion and ask the children to stroke it and observe the colours coming out).
3. They enjoyed looking at all different colours (Use the different streamers and spin them around the child/ children. They can also try to spin them.)
4. The children had fun catching colourful bubbles. (Blow the bubbles and ask the child/children to catch them if appropriate).
5. The children enjoyed smelling the colourful flowers (spray the flowers with nice perfume-mind children sensitivity to perfumes- and let child smell or wear the necklace.
6. One day they heard a scary music. (take the Halloween sweet container and the light that plays Halloween tune and let the children observe it and listen to it)



7 Tears came down from the sky. (Use the bottle spray to spray water up in the air , close to the children so that they can fill the gentle water coming down.)

8 Everything went dark (place the big laundry bucket with the lights on over the children 'head and when you say dark" turn the lights off-if the child doesn't feel comfortable, let him just observe it.

9 The orange monster stole their colours and flowers (get the flowers, ask the children to reach for them and quickly take the flowers out of the children 'reach repeating "Took the flowers away".

10 The children were sad (Show the sad smiley cushion).

11 The children needed help, so the magic unicorn appeared (play the unicorn toy)

12. The orange monster was trapped under the black cloud (Use the black cloth to wave it over each child.)

13. The children were given their colours back, everybody was happy again. (Open the big rainbow umbrella, spin it in front of the children while holding the musical multi-coloured light behind the umbrella, so that the children can observe the colours and listen to the music.



You can have fun making interactive sensory stories using what your children like best. You know if your children are sensitive to certain smell, noise, touch. When you create a sensory story, you need to keep in mind your children's needs.

Most importantly when read a sensory story they can learn and have fun.



HAVE  
FUN!

The text "HAVE FUN!" is written in a playful, bubbly font. The word "HAVE" is on the top line and "FUN!" is on the bottom line. Each letter is a different color: H is green, A is red, V is blue, E is orange, F is red, U is green, N is purple, and the exclamation mark is orange. The text is centered within a white oval that has a soft shadow on the dark grey background.