



Big stories, fewer barriers.

## Stories for your Senses

Sensory storytelling is a tactile approach to exploring stories. Through the use of sensory stimuli, people are able to experience a story through their five senses.

This can be a fun, engaging and interactive experience for all. Sensory storytelling provides an approach to telling stories in a unique way but also enhances cognitive development, communication, memory and wellbeing.

The best way to approach accessing Every Cherry's sensory stories is through these 3 steps:

### Preparation

- Use the book prompts to collect the sensory items you need.
- Perhaps you could collect additional items to engage the senses further?
- Familiarise yourself with the text.

### Sharing the Story

- Read each sentence clearly.
- Use the sensory items in relation to each sentence or key sensory-themed word.
- Build the impact of stimuli over time, for example use sound quietly at first then increase the volume.
- Repeat the sensory story and its use of stimuli. This can be beneficial for cognitive development, communication opportunities and enjoyment.

### Approach Sensory Storytelling Depending on Who You're Working With

- Get to know who you are working with.
- Some people may prefer a gradual approach to stimuli.
- Listen to the person you are working with and be guided by their reactions.
- Interact with the person you are working with. Use a range of communication approaches, such as AAC devices, signing etc, to find out preferences and to initiate interaction.
- Repeating the story and allowing it to become predictable may also be beneficial.

For the purposes of this resource, the child, young person or user will be referred to as the 'reader'.



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Stories for your Senses

# A Day at the Beach

Teaching and Learning Resources

## Collecting Your Items

On the first page of the text you will be asked to collect the items you need.

Ensure you have each item to hand before you begin reading.

Perhaps you could make this into an activity through:

- Visiting the shops to collect the items.
- Going on a scavenger hunt around your home / school with your reader to collect what you need.



Sand



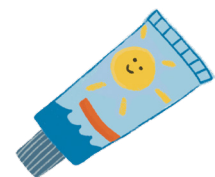
Lolly



Water



Torch



Suncream

In the story, 'the sun shining in the sky' and it 'feels warm'.

**Key sensory approach:**

- Shine the torch: think carefully about how bold you would like to be doing this.
- Perhaps turn out the lights to add to the sensory sensation.
- You could use foil to reflect the light from the torch, mimicking the sun's rays.
- If it's a sunny day, go outside and experience the sun shining.

**Additional senses:**

- Feel a sensory item that is warm on the skin.
- Use heater fans to create a feeling of warmth.
- If it's a sunny day, go outside and feel the warm sun on your skin



**Every Symbol communication opportunities:**

Use Every Symbol cue cards to extend vocabulary. Readers could choose from:

- bright or dark
- warm or cold

**Additional Activities to Explore the Text**

**Activity 1:** Turn off the lights and use the torch to create a puppet show. This could be using your hands to create shapes or cut out beach objects and glue them onto sticks.

**Activity 2:** Create a tissue paper sun catcher for the windows. The reader can rip pieces of tissue paper and glue them onto a clear laminated sheet in the shape of a sun. Ripping paper is great for fine motor skills and wrist movements. Talk about how they look when the sun shines through the window.

In the story the **'sand is soft between the fingers'** and **'gritty on the skin'**.

**Key sensory approach:**

- Touch the sand, think carefully about how to build up this stimuli.
- Perhaps rub the sand on your skin.
- You could pour the sand into a tray and allow your reader to put their feet in the sand.
- Put the sand in a bucket and allow the reader to run their hands through the sand.

**Additional senses:**

The sand's **'grains glimmers in the sunlight'**.

- Place the sand on glossy paper and shine a torch on it, does the sand 'glimmer'?



**Every Symbol communication opportunities:**

Use Every Symbol cue cards to extend vocabulary. Readers could choose from:

- hard or soft
- smooth or rough
- bright or dark
- warm or cold

## Additional Activities to Explore the Text

**Activity 1:** Build your own sandcastles. Can you fill the bucket and turn it upside down quick enough to build your castle? Who would live in your sandcastle?

**Activity 2:**

- Option 1: Using sand and glue create a sand picture of the reader's design.
- Option 2: Take a photograph of the reader playing in a beach role play set up. After it has been printed, using glue stick sand on top of the printed photograph to create a sensory touch photograph.

In the story we can hear the 'sea lapping onto the sand'.

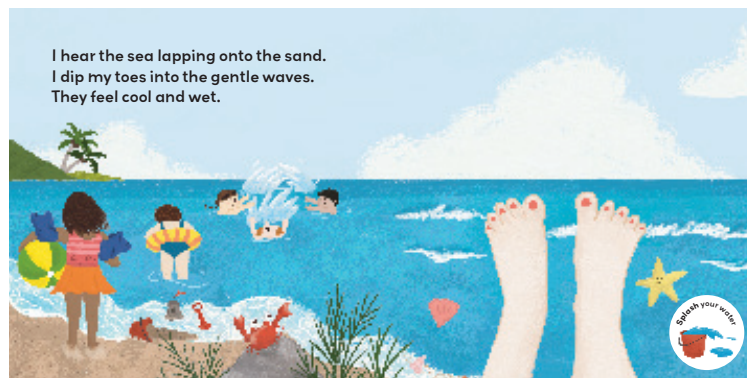
## Key sensory approach:

- Use the water in the bucket to make a splashing sound.
- Fill a bottle with water and slosh the water inside it – listen to the sound it makes.
- Listen to the soundscape, included free with the book, to hear the sounds of the beach.

## Additional senses:

Toes are dipped into the 'gentle waves.' The waves feel 'cool and wet'.

- Pour water in a large tray or paddling pool, take shoes and socks off and place feet into the water.
- Put hands / finger tips into the bucket to feel the stimuli of the water.
- Use a foot spa to feel the ripples of the water on the feet or hands.
- Use a water spray bottle to spray the water.



## Every Symbol communication opportunities:

Use Every Symbol cue cards to extend vocabulary. Readers could choose from:

- warm or cold
- dry or wet
- smooth or rough

## Additional Activities to Explore the Text

**Activity 1:** Use a plastic bottle and water to create instruments. If you put more water in a bottle does it sound different when you shake it?

**Activity 2:** Use water and other objects such as glitter, pom poms etc. to create sensory bottles. Can you hear the water swishing when you tip the bottle?

**In the story the suncream 'smells like coconut'.**

**Key sensory approach:**

- Use the suncream to rub onto the reader's skin. Smell the suncream.
- Put a blob of suncream onto cardboard and smell it.
- Dilute the suncream in water. Pour the liquid into a spray bottle and spray it around the room to really experience its smell.
- Spray coconut spray around the room to add to the sensory stimuli.

**Additional senses:**

**'Suncream is rubbed' onto skin. It feels 'smooth and slippery'.**

- Rub the suncream onto skin and feel it's 'smooth and slippery' texture.
- Put a large blob of suncream onto into a tray, encourage the reader to spread it around the area with their hands, exploring the texture and smell.



**Every Symbol communication opportunities:**

Use Every Symbol cue cards to extend vocabulary. Readers could choose from:

- coconut or grass
- slippery or bumpy
- warm or cold
- dry or wet
- smooth or rough

## **Additional Activities to Explore the Text**

**Activity 1:** Smell the suncream and feel it on your skin. Readers should vote to show if they like the smell or not.

**Activity 2:** Create a blind smell test with different smells. Can the reader find the suncream smell amongst the options?

**Please note: ensure readers do not have allergies when rubbing suncream onto skin.**

In the story the ice lolly tastes 'sweet and fruity'.

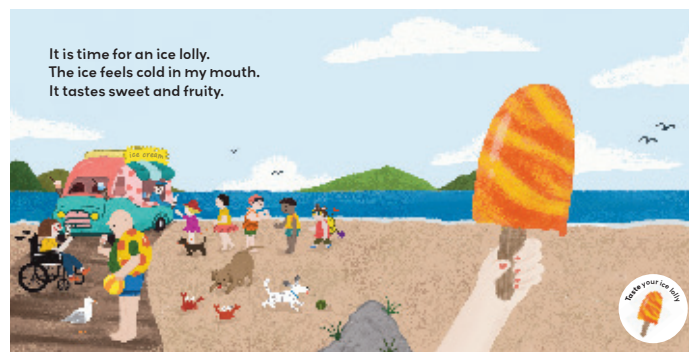
**Key sensory approach:**

- Eat and ice lolly to really experience the stimuli.
- Crush an ice lolly into a bowl and taste it.
- Use a thickening agent to make the lolly easier to taste.

**Additional senses:**

**The ice lolly feels 'cool' in the mouth.**

- Rub the ice lolly, or an ice cube, onto lips. Encourage the reader to lick their lips or experience the sensation of cool on lips.
- Place ice cubes into a bowl. Encourage readers to touch them to experience the sensation of feeling 'cool'.



**Every Symbol communication opportunities:**

Use Every Symbol cue cards to extend vocabulary. Readers could choose from:

- slippery or bumpy
- warm or cold
- dry or wet
- smooth or rough
- fruit or vegetable (this could be more of a challenge to gain understanding!)

## Additional Activities to Explore the Text

**Activity 1:** Taste a variety of ice lollies, readers to vote for their favourite ice lolly.

**Activity 2:** Make your own ice lollies. Consider using a range of fruits, textures and tastes. You could even add some rock salt in to see the difference between sweet and salty.

**Please note: ensure readers do not have allergies when tasting ice lollies.**

We end our story with a sensory hug, using the towel, to symbolise the story being over.  
Use a towel to make this sensory hug feel more impactful.  
Place the towel over shoulders and feel its weight.



## Every Symbol communication opportunity:

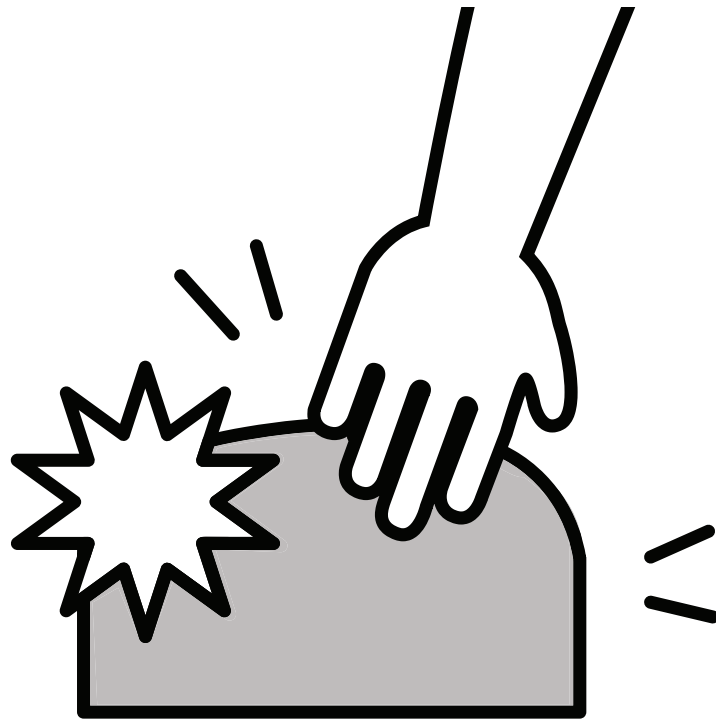
Use Every Symbol cue card to extend vocabulary.

● finished

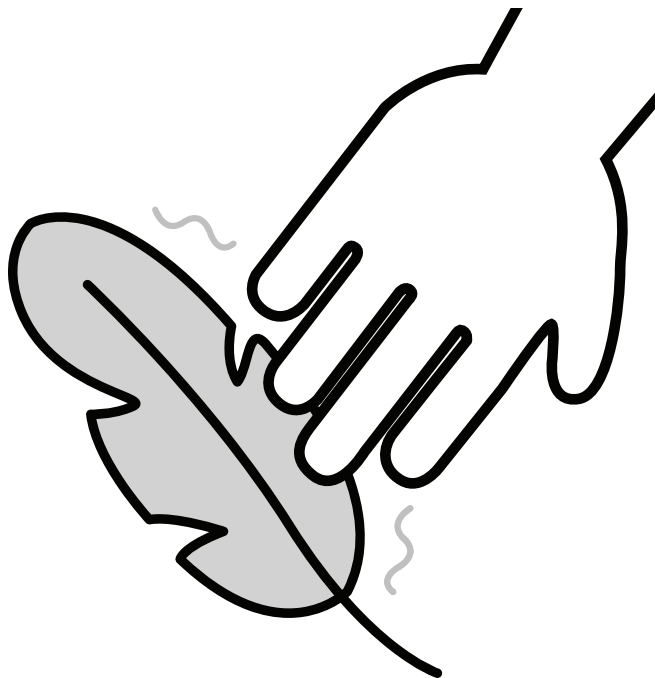
## Extra ideas:

- Create a role play area or tuff tray with a beach theme for readers to explore.
- Go on a trip to the seaside.
- Learn seaside songs such as 'Oh I Do Like to Be Beside the Seaside'
- Use a beach ball to play ball games focusing on gross motor skills.
- Using a small paddling pool, set up an area for readers to splash their feet in the water and enjoy how it feels and sounds.

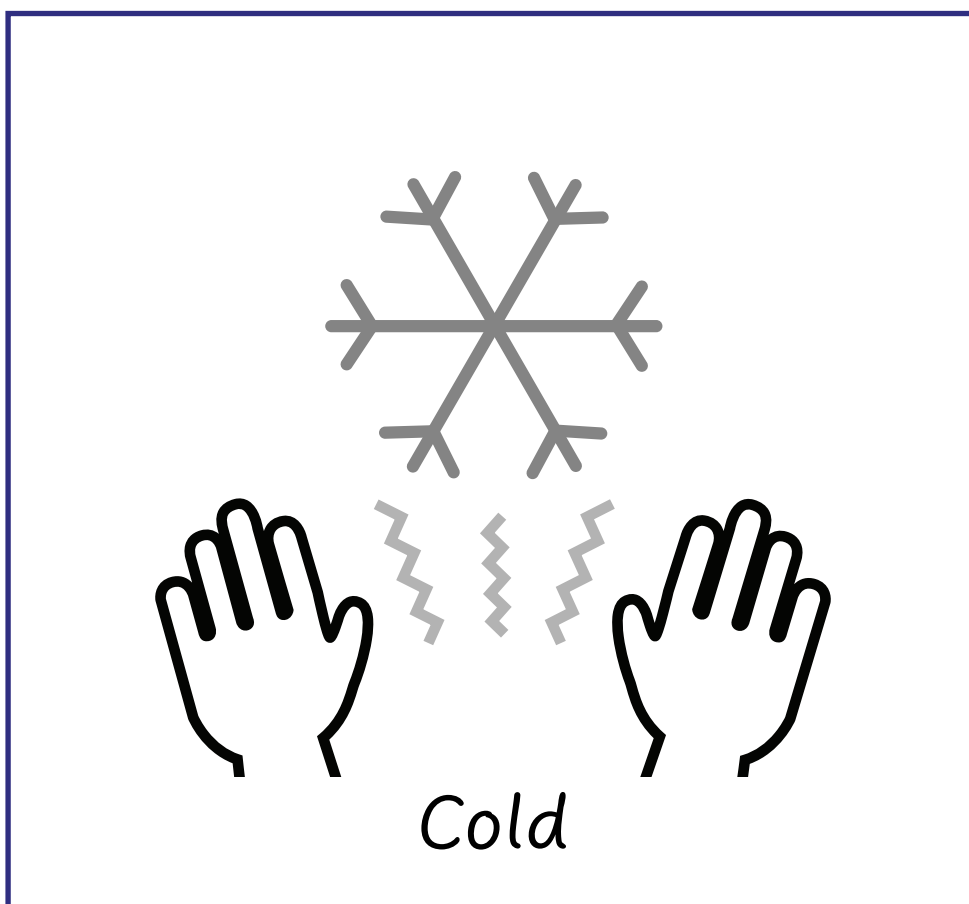


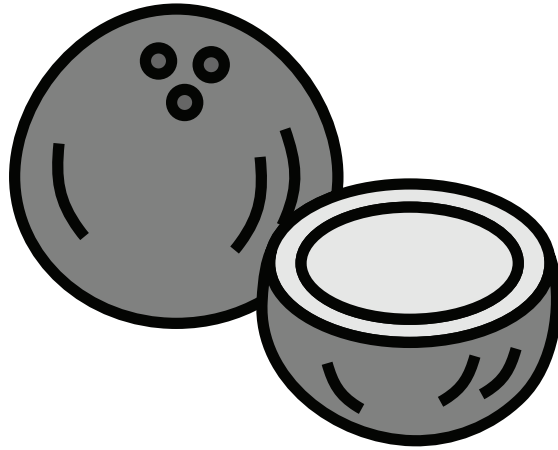


Hard



Soft

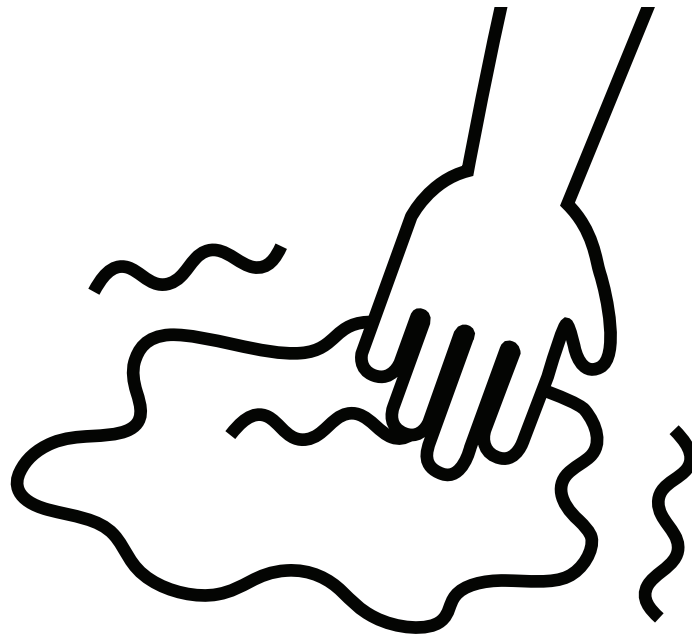




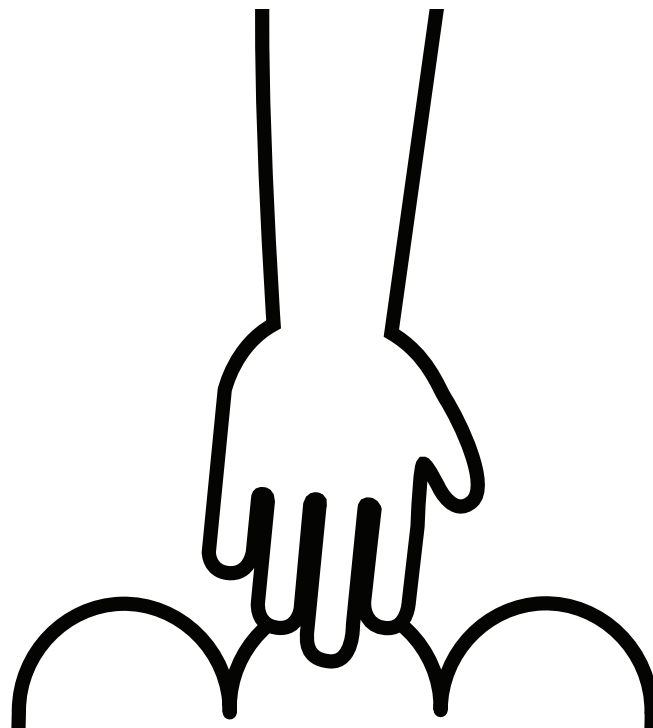
Coconut



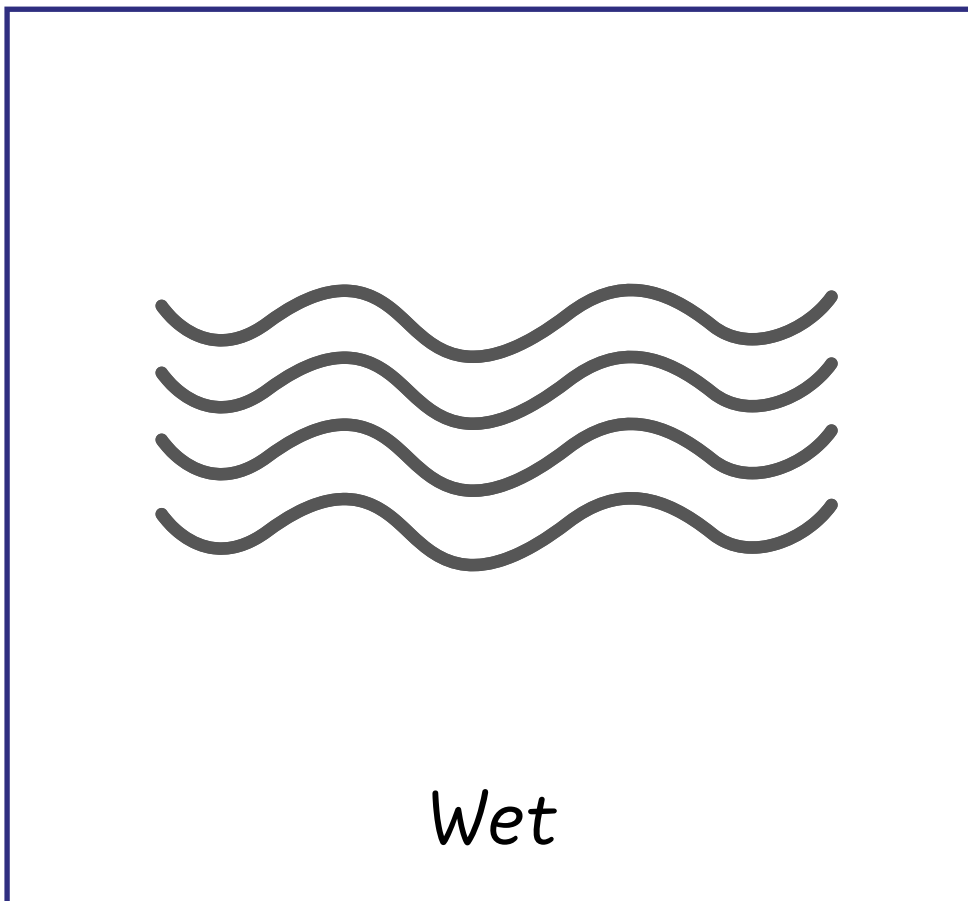
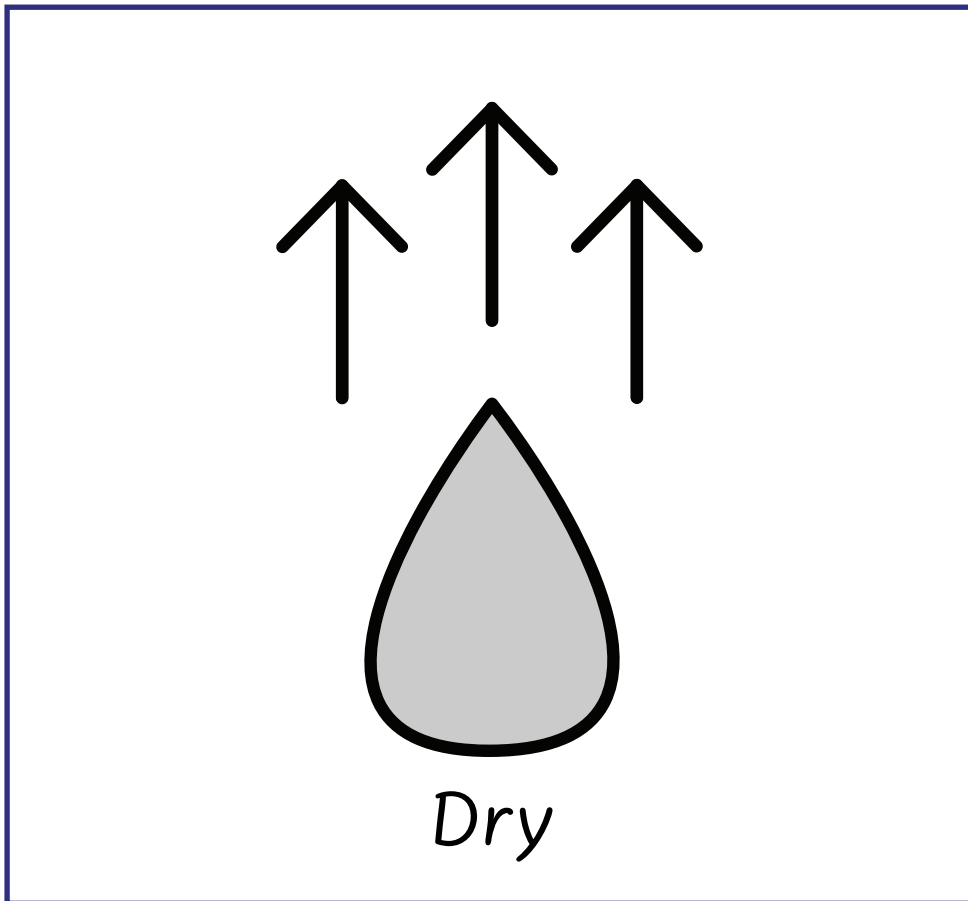
Grass

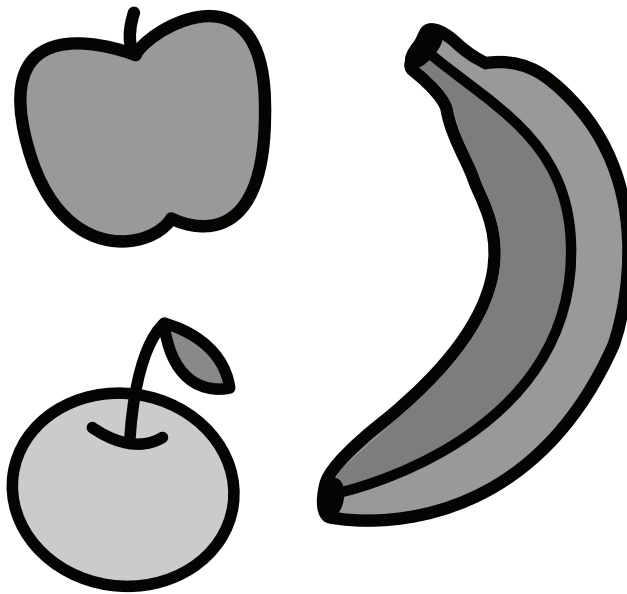


Slippery

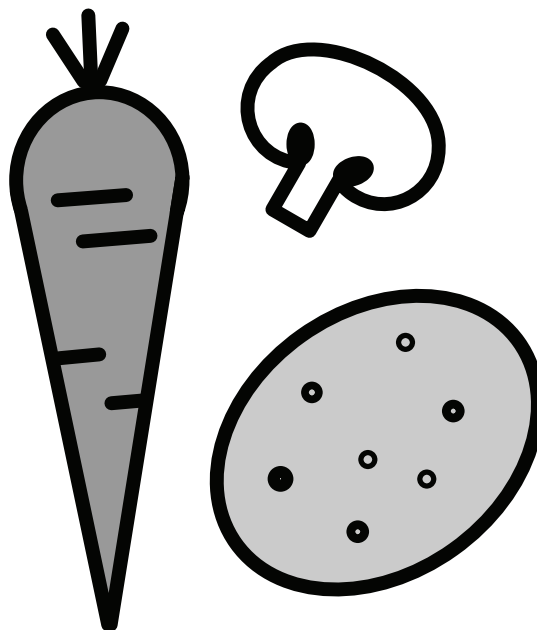


Bumpy

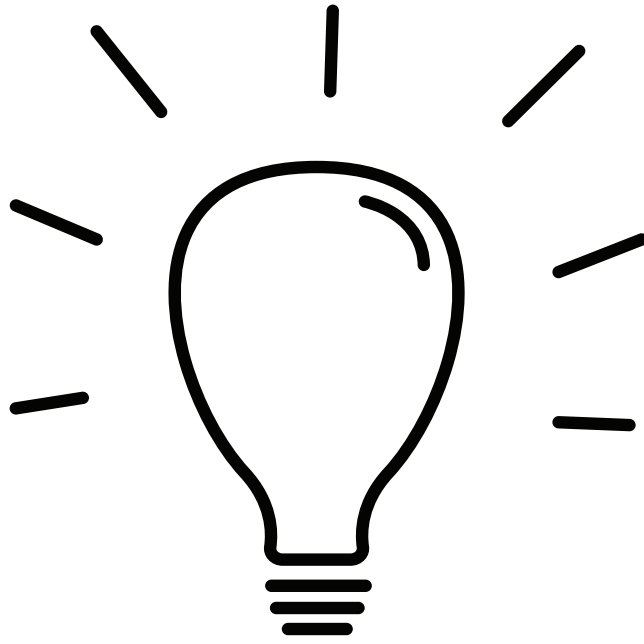




Fruit



Vegetable



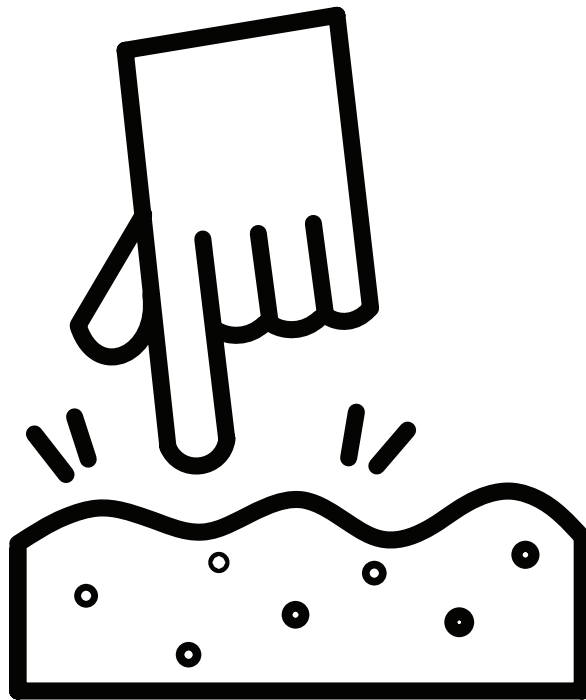
Light



Dark



Smooth



Rough





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*This Teaching and Learning Resource has been written by Katie Corrigan as part of Every Cherry Publishing.*

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