



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.
- 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.

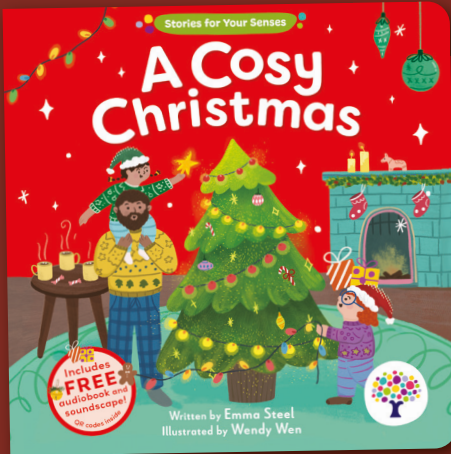
Approach Sensory Storytelling Depending on Who You're Working With

- 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 Cosy Christmas

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.



Fairy lights



Bells



Ground ginger
and cloves

Gingerbread
biscuit



Wrapped gift



Blanket



In the story, it says 'I can see lights twinkling through the window. Red, gold and blue shimmer in the darkness'.

Key sensory approach:

- Look at the lights twinkling. What colours can you see?
- Do the lights have different flashing settings you can try?
- Put the lights on different backgrounds, such as black material, on a wall or even in a sensory room.

Additional senses:

In the story, it says 'it is frosty outside'.

- Can you find something cold and frosty to feel?
- Collect some ice from the freezer. Touch it inside a towel, then wearing gloves, then with bare hands. Explore what 'cold' feels like.
- Look out of the window does it look frosty or warm outside?



Every Symbol communication opportunities:

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

- bright or dark
- warm or cold
- twinkling or still

Additional Activities to Explore the Text

Activity 1: Create a light den with the twinkling lights. Lie down on the floor and watch them twinkle above.

Activity 2: Create your own red, gold and blue lights artwork. Use paint with glitter added to create the shimmer. Use a paint brush, cotton bud or even your fingers to paint the lights onto the string of lights.

Activity 3: Decorate a Christmas tree using twinkling lights. Can you hold the string of lights and wrap them around the tree? Stand back and look at your decorations. What more could you add?

In the story it says 'Christmas songs are playing as I add decorations to our tree. I can hear jolly carols and jingling bells.'

Key sensory approach:

- Shake your bells to hear them jingle.
- Can you shake them fast and slow?
- Can you shake them loudly and quietly?
- Can you make your own Christmas song using your bells?



Every Symbol communication opportunities:

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

- loud or quiet
- fast or slow

Additional Activities to Explore the Text

Activity 1: Create your own instrument that jingles. Use an empty bottle and fill it with different items, such as rice, pom poms, pine cones or mini bells. Seal the lid on the bottle and listen to the sound your instrument makes. Perhaps you could decorate your bottle to make it look festive?

Activity 2: Listen to Christmas songs and enjoy having a dance. Which song is your favourite?

Activity 3: Your voice is an instrument that can make a wonderful noise. If you struggle to use your voice, perhaps you could use a talker or signing instead? Practice singing and/or signing Christmas carols. Maybe you could perform one to your family, friends or even as a class at school.

In the story it says 'I can smell ginger and cloves'.

Key sensory approach:

- Smell the ginger in a pot.
- Smell the cloves in a pot.
- Do they smell the same or do they smell different?
- Which smell is your favourite?

Additional senses:

- Taste a ginger biscuit – do you like it?
- Make your own dough. Add ginger and cloves to it. Explore your dough with your hands. Knead your dough – how does it feel in your hands? Roll out your dough, pressing hard on the rolling pin to make it roll. Is it easy to use a rolling pin? How thin can you roll your dough?



Every Symbol communication opportunities:

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

- spicy or sweet
- good or bad

Additional Activities to Explore the Text

Activity 1: Design your own Christmas paper plate to put your Christmas treats onto. Can you draw Christmas pictures?

Activity 2: Bake your own ginger and clove biscuits. Use Christmas themed cutters to make different shaped treats.

Activity 3: Make your own Christmas pomander. Collect an orange. Wrap ribbon around it so that it can hang like a bauble from a tree. Stick cloves into the orange. You could make fun patterns if you would like to. What does your pomander smell like? Could you use it as a festive decoration?

Please note: ensure readers do not have allergies coming into contact or tasting different foods.

In the story, it says '**The gift feels bumpy and squidgy**'.

Key sensory approach:

- Feel different wrapped presents.
- Do they feel bumpy and squidgy or hard and smooth?
- Feel a variety of wrapping papers, do some have glitter or bumpier patterns?
- Can you guess what is inside the wrapped presents? Feel them to give you a clue!

Additional senses:

In the story, it says '**The wrapping paper crinkles and creases as I fold it**'.

- Listen to the sound of wrapping paper as you scrunch it in your hands.
- Fold, rip or cut the paper and listen to the difference in sound.



Every Symbol communication opportunities:

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

- bumpy or smooth
- hard or squidgy

Additional Activities to Explore the Text

Activity 1: Try wrapping your own gift with wrapping paper and sticky tape. Is it easy or tricky?

Activity 2: Use a variety of wrapped gifts and sort them into different sizes, shapes or by how they feel.

Activity 3: Create a short video to teach others how to wrap Christmas Presents. Perhaps you could add your own Christmas music to your video.

In the story, the gingerbread biscuit **'feels soft and warm and tastes sugary and yummy'**.

Key sensory approach:

- Close your eyes or use a blindfold. Smell, feel and touch your ginger biscuit. Use your senses to explore the biscuit before you taste it. Do you think you'll like the taste of the ginger biscuit depending on this sensory experience?
- Taste your gingerbread biscuit. What words, signs or symbols would you use to describe it?
- Perhaps you could explore the different ways a ginger biscuit could taste? You could take it whilst it is still warm, or with added decorations such as icing. Which do you like best?

Additional senses:

- Break your gingerbread biscuit in half. Can you hear it snap?
- Decorate your gingerbread with different toppings. You could use icing, 100s and 1000s, jelly sweets and so much more. Can you make your gingerbread look pretty / festive or even make a gingerbread person.



Every Symbol communication opportunities:

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

- warm or cold
- soft or hard
- sweet or spicy

Additional Activities to Explore the Text

Activity 1: Make and decorate your own gingerbread characters.

Activity 2: Practice measuring out different ingredients. Can use the correct measuring tool to measure with? Can you match the measurement to the number on the measuring tool?

Please note: ensure readers do not have allergies when tasting different food.

Finishing the Story

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



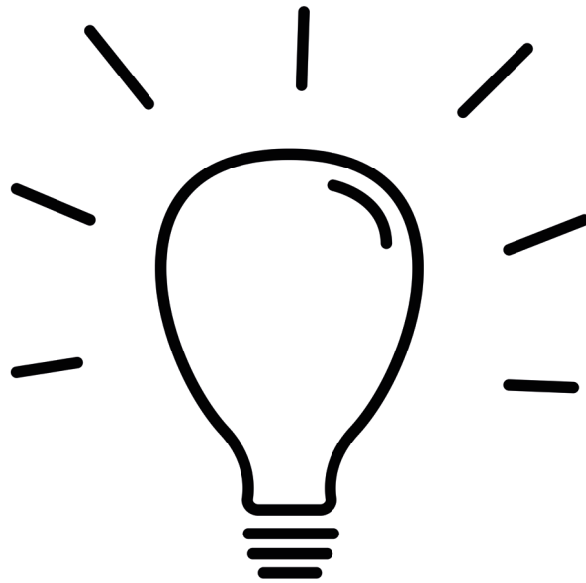
Every Symbol communication opportunity:

Use Every Symbol cue card to extend vocabulary.

● finished

Extra ideas:

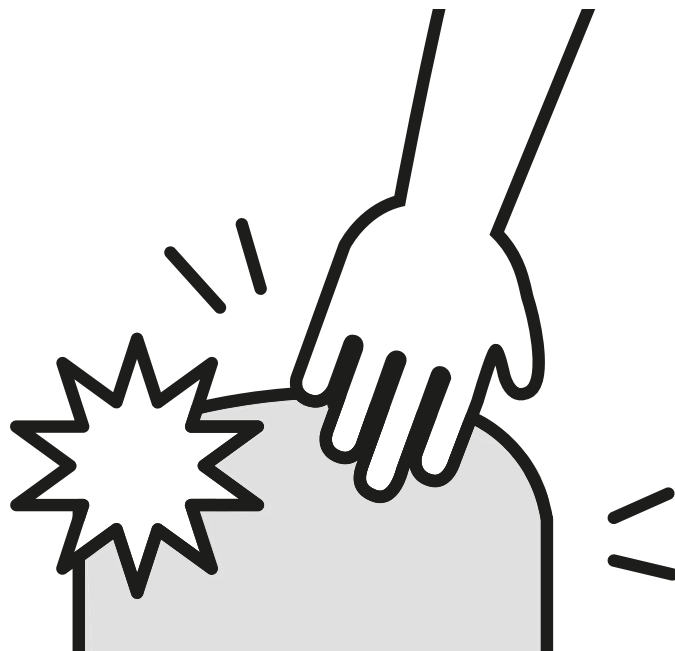
- Create a role play area set up for Christmas. What could you role play? Could it be decorating a tree? Or maybe preparing for Christmas on Christmas Eve? Perhaps you could role play Christmas morning?
- Make Christmas tree decorations or enjoy Christmas crafts.
- Ask readers to bring in photos of their family from last Christmas to look at.
- Read a range of Christmas stories when eating Christmas treats.
- Use playdough to make Christmas tree decorations for a laminated tree template.
- Go on a walk to look out for Christmas lights on people's houses.
- Hold a Christmas bake sale to raise money for a local charity.
- Paint a Christmas scene.
- Christmas is about giving and sharing kindness. How could you show kindness?
- Festive food is traditional at Christmas. What Christmas recipes could you try?
- Create a Christmas sensory tray to explore.



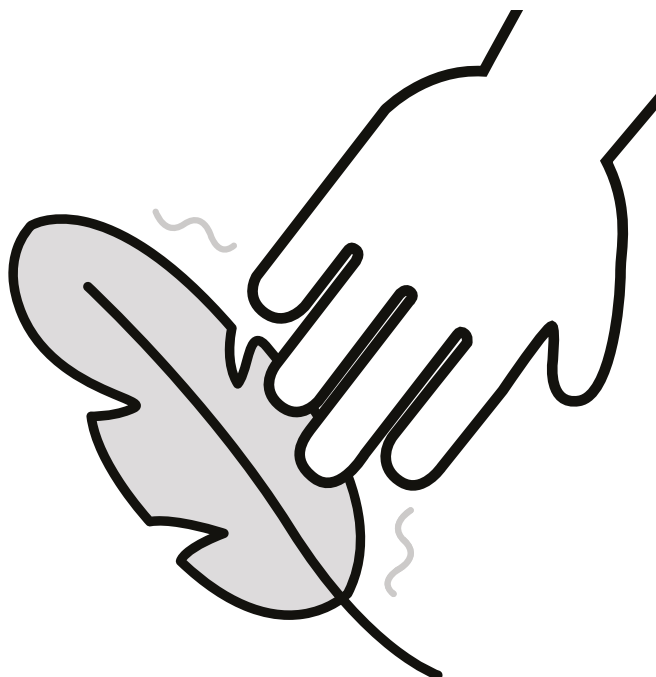
Bright



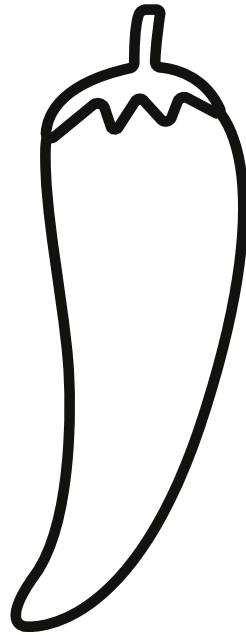
Dark



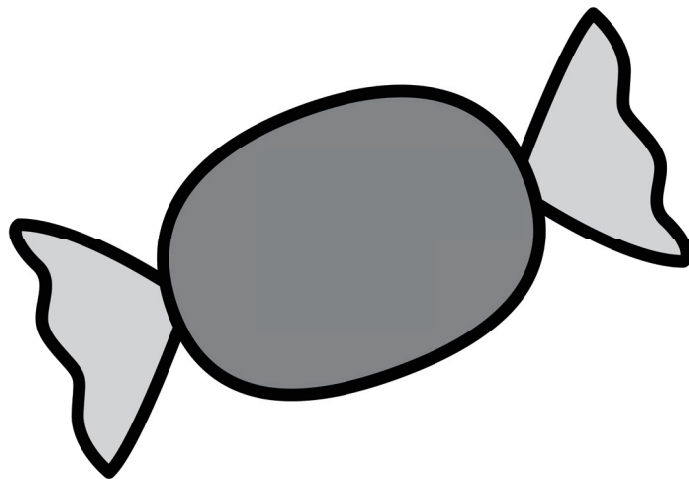
Hard



Soft



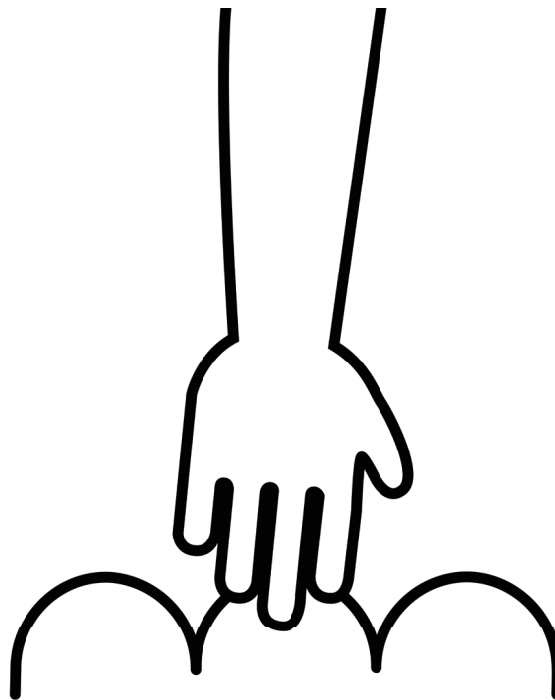
Spicy



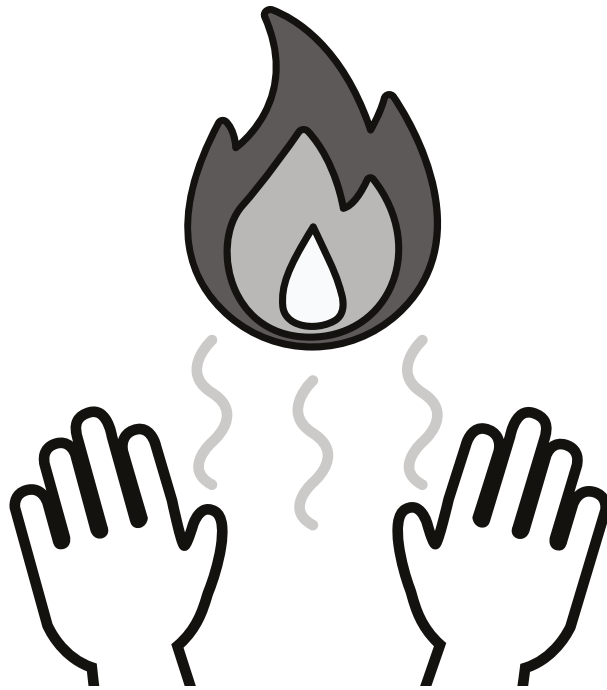
Sweet



Smooth



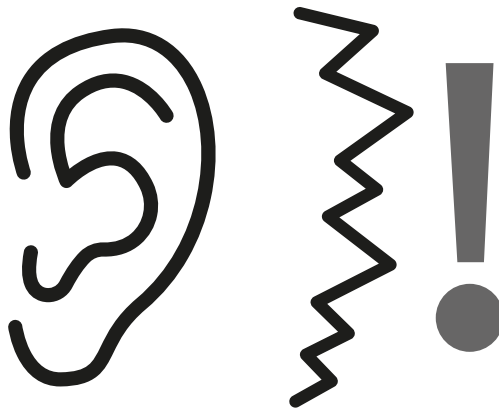
Bumpy



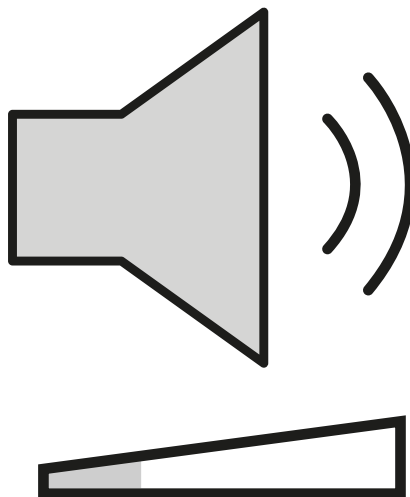
Warm



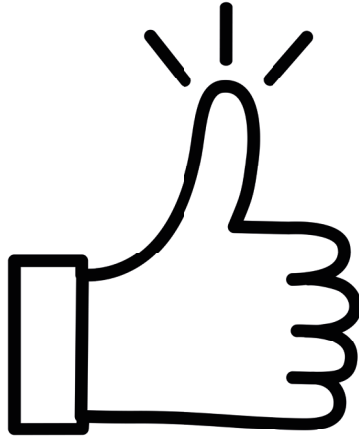
Cold



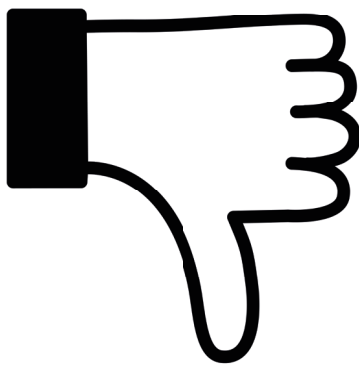
Loud



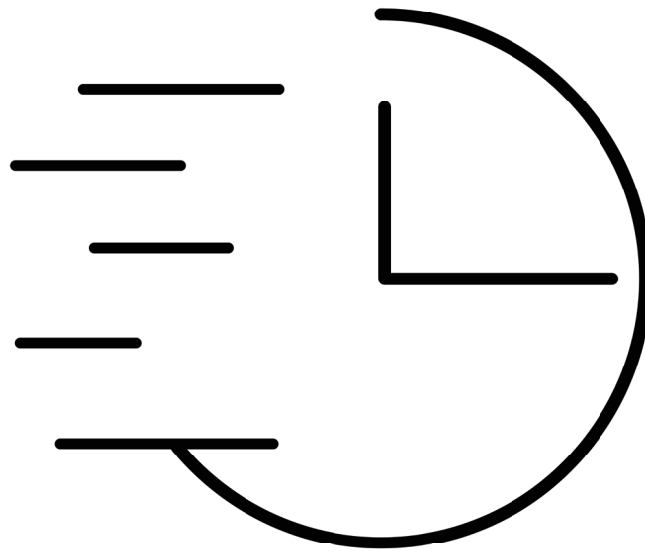
Quiet



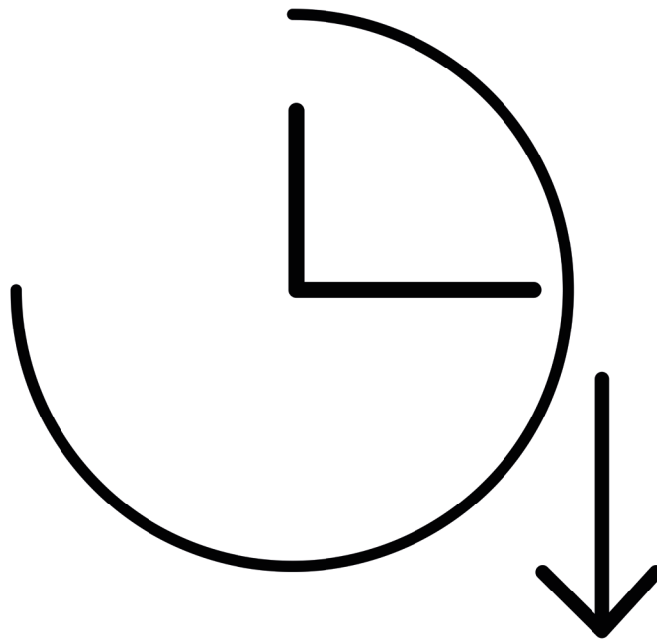
Good



Bad

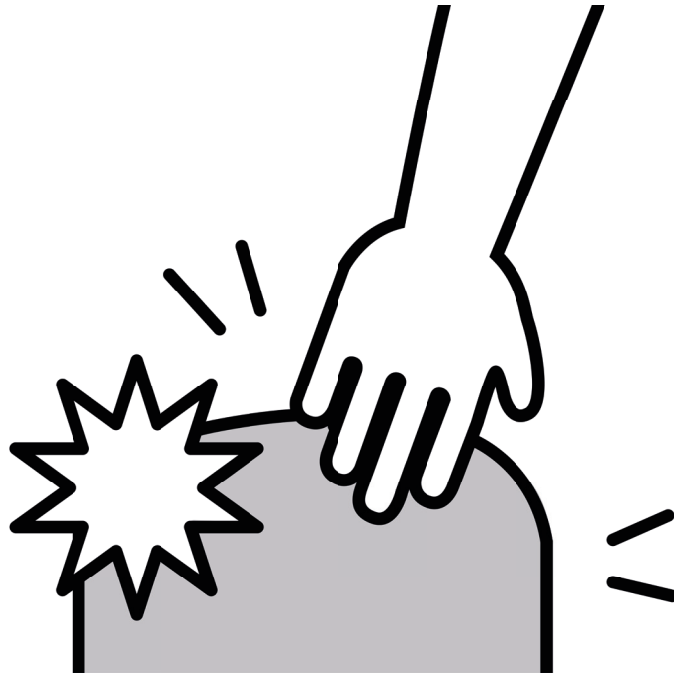


Fast

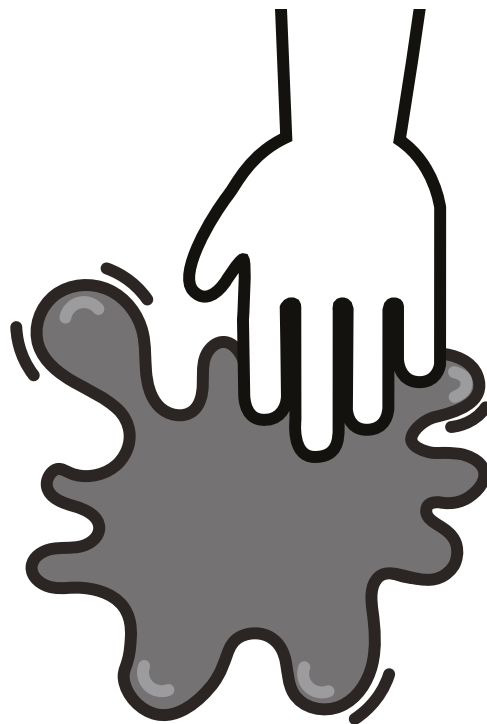


Slow

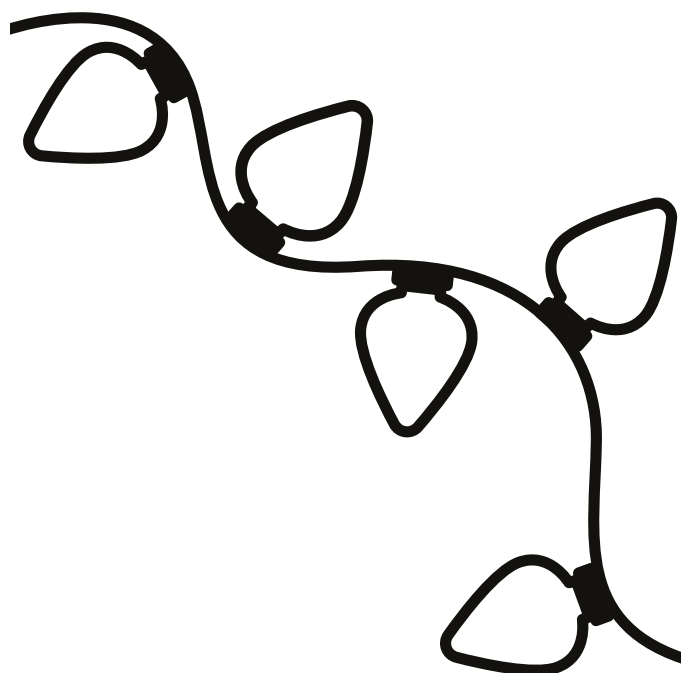




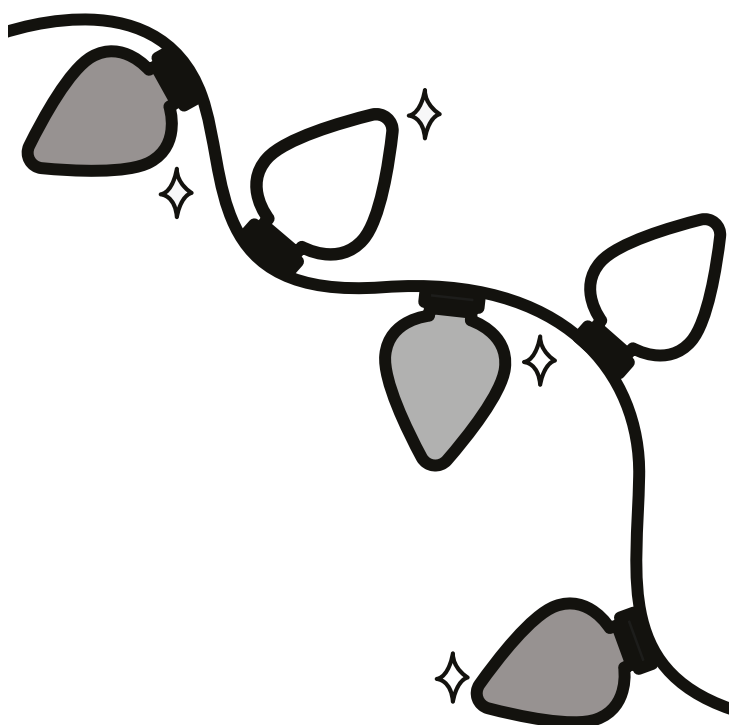
Hard



Squidgy

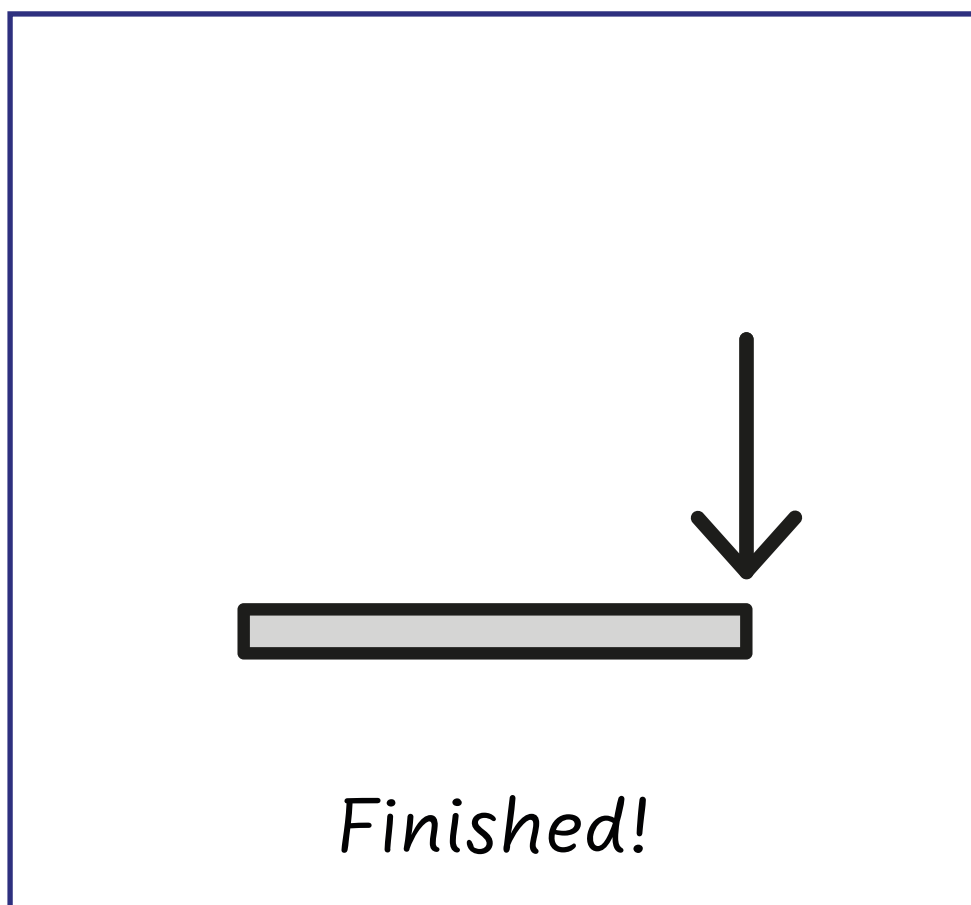


Still



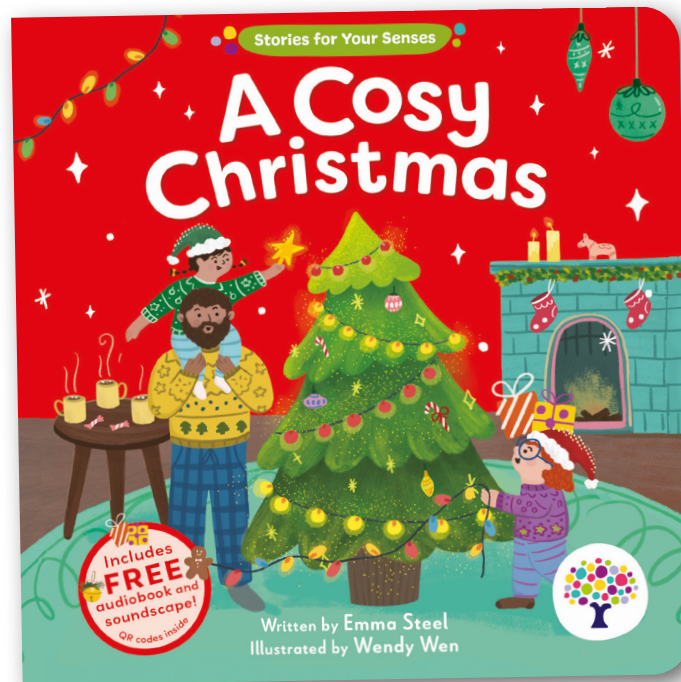
Twinkling







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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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