

Dear Santa...

A Multisensory Story

Join our character as we explore their Christmas wish list to Santa!



Rhyming Multisensory Stories
STORYTELLING THROUGH THE Senses 

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About the Story

'Dear Santa' is based on our character's wish list to Santa.

It is a lovely festive sensory story to share with sensory explorers of all ages.

The story is based on a poem written by my late Dad, and after he passed, I thought it would be a lovely tribute to adapt the poem into a sensory story, changing some of the items in the original poem to items a person with additional needs would love to receive in their Christmas stocking.



Dedicated to my dear late Dad John Peace x

Health & Safety Guidance

⚠ Please read the health & safety information below.

The author has used their best efforts in preparing this story and makes no representation or warranties with respect to the accuracy, applicability, fitness or completeness to the contents.

The information in this story is for pleasure and educational purposes only.

If you wish to apply any ideas contained in this resource you are taking full responsibility for your actions.

If you are in any doubt regarding undertaking any activity or using a prop then seek advice before starting.

⚠ These activities are designed to be led and supervised by a responsible adult at all times.

⚠ Be aware of choking hazards.

⚠ Check the ingredients in any items you may be using for potential food or skin allergies or reactions. If you see any signs of redness, swelling or other symptoms of a suspected reaction seek immediate medical advice.

⚠ The interactions should be led by the story participant who should be allowed to participate without expectation. Never force stimuli and stop the activity if the story participant shows signs they are not enjoying the activity.

Your questions, queries, comments and feedback are always welcome!

email: rhyningmultisensorystories@outlook.com

Send a message via the form or chat feature on the website www.rhyningmultisensorystories.com

Contact me via social media

Organising Your Story Props/Resources

Set out your resources where they are easily accessible to you but out of reach and sight of the story explorer.

One suggestion is to place the prop for the line/paragraph of the story into a zip wallet. Print the text onto paper and Sellotape onto the zip wallet. The zip wallets can then be placed in a lidded box in the order in which they appear in the story. (See Image Below)



Story Props/Resources Checklist

You will not need all of the items listed.

There are different prop options within the story.

You can also add your own props.

'Dear Santa' - Cotton wool, aftershave

'The Letter' - Large envelope, paper, pencils/felts/crayons, toy catalogue

'Play-Doh, Bubbles and a Shiny New Trike': Play-Doh®/homemade dough, bubbles, bell

'A Toy Car, a Boat and a Jet Plane' - Toy car, cardboard tube or ramp, water spray bottle, water, washing up bowl, fans

'Track for my Station, a very Fast Train' - Train track, dried rice, Tupperware® box, clackers/long-handled castanets

'A Shaker, Tambourine and a very Loud Drum' - Shaker, tambourine, drum, '

'A Tuff Tray and Slime, now that would be Fun!' - Tuff Tray, Slime (or make your own!)

'A New Physio Ball, my Old One's Gone Flat' - Physio ball, manual pump

'And for my New Trike, a Shiny Hard Hat' - Cycling helmet, safety mirror

'Chocolate Coins to Suck and Chew' - Chocolate coins

'A Christmas Cracker to Pull with You' - Christmas cracker

'A Koosh, a Torch, and Lights for my Tent' - Koosh®, torch, lights

'Bring her a Doll and a Shape Sorter too' - Doll, shape sorter

'I will Look for you Santa, High in the Sky' - Kaleidoscope, shaker bells

'And Leave you some Milk and a Tasty Mince Pie' - Apples or apple sauce, orange zest, raisins, currants, sultanas, cinnamon, nutmeg, clove powder, allspice

'I must go now as it's getting quite late' - Clock, Sand Timer, Torch

Full Story

Dear Santa

I'm writing my **letter** early this year
As you get lots of mail from people I hear

I've tried really hard everyday to be good
To share and be kind just as you should

Here's a list of things I would like
Play-Doh, bubbles, a bell for my trike

A **toy car, a boat** and a jet **plane**
Track for my station, a very fast **train**

A **shaker, tambourine** and a loud **drum**
A **Tuff Tray** and **slime**, now that would be fun!

A new **physio ball**, my old one's gone flat
And for my trike, a shiny hard **hat**

Chocolate coins to suck and chew
A **Christmas cracker** to pull with you

A **Koosh, a torch, bright lights** for my tent
I will make good use, it will be money well spent

Full Story

Mum says I should write for my sister who's two

Bring her a **doll** and a **shape sorter** too

I will look for you Santa, high in the sky

I'll leave you some milk and a tasty mince pie

I must go now as it's getting quite late

Thank you Dear Santa

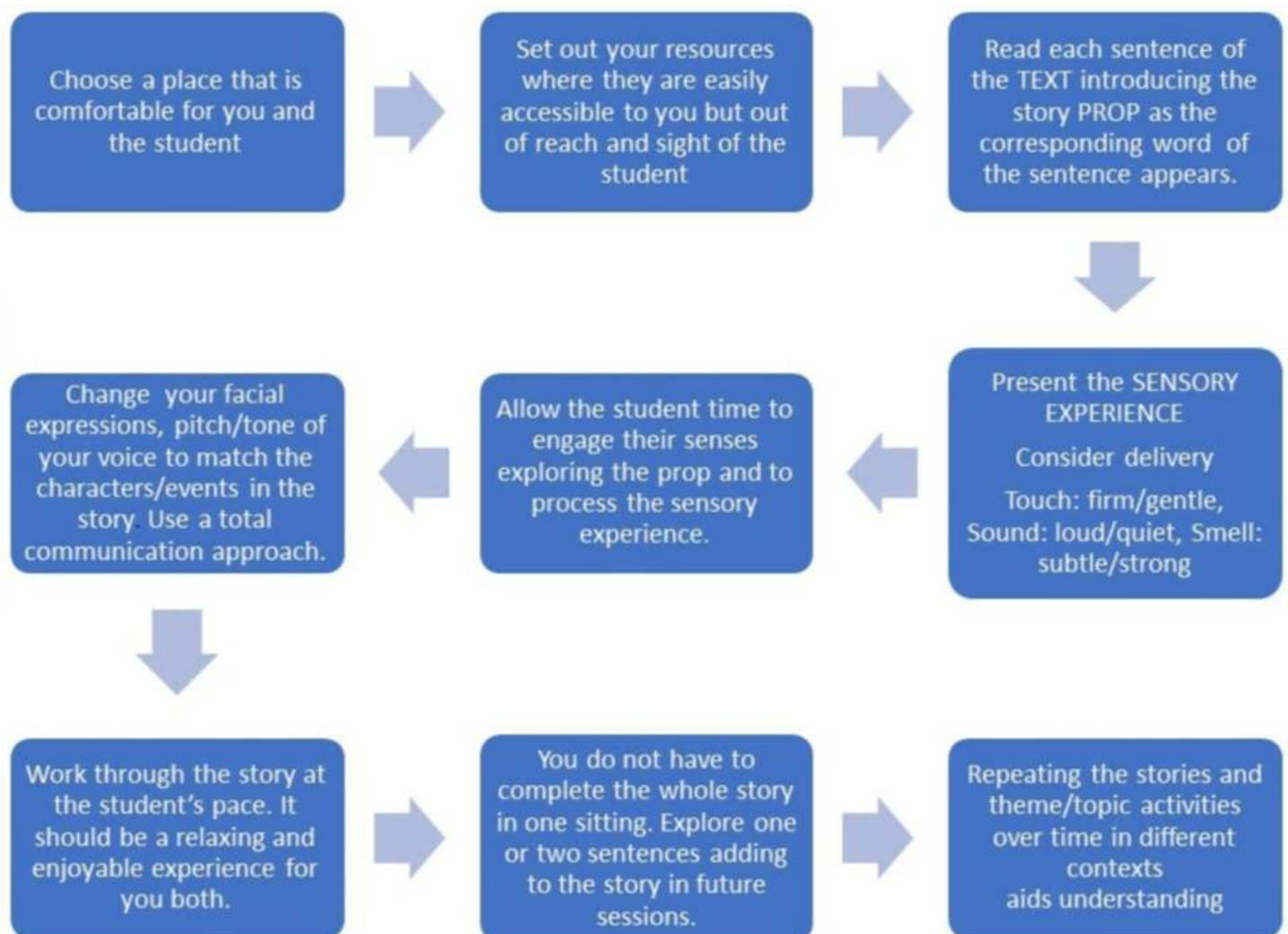
Johnny (Age 8)

How to tell a Multisensory Story

The story is set out in a three column table format: 'STORY' 'PROP' 'SENSORY EXPERIENCE'

Read each sentence of the STORY slowly and clearly, introducing the story PROP as the corresponding word (highlighted in red lettering) of the sentence appears. Provide the SENSORY EXPERIENCE.

I will refer to the Sensory Explorer/Story Explorer as the **S.E** in the story and activities.



The Letter

STORY	PROP	SENSORY EXPERIENCE
Dear Santa I'm writing my letter early this year.	Santa Hat Cotton Wool Aftershave	Present a Santa hat or cotton wool representing Santa's beard for sensory exploration. Option to spritz with a little aftershave .
As you get lots of mail from people I hear		Promote Fine Motor Skills & Hand-Eye Coordination
I've tried really hard everyday to be good	Envelope	Present the envelope * for sensory exploration. Can the S.E (sensory/story explorer) open the envelope independently?
To share and be kind, as much as I could.	Paper Pencil/Crayons/Chalks	Write a letter to Santa. Explore mark making using a variety of materials, pencils, crayons, chalks .
	Toy Catalogue Scissors Glue stick	Explore a toy catalogue . Can the S.E choose the items they would like to add to their letter to Santa? Can the S.E cut and stick the pictures onto their letter to Santa independently? Can the story explorer fold their letter and place it in an envelope ?

*Tip

Print out the story, laminate and place inside the envelope. This will help you deliver the story.

Play-Doh, Bubbles...

STORY	PROP	SENSORY EXPERIENCE
Here's a list of things I would like Playdoh, bubbles...	Play-Doh Pot of blowing bubbles	Engage the Senses Explore the Play-Doh or make your own dough using oil and flour. Option to add a few drops of vanilla essence. See below for ideas

Ideas to Engage Sensory Learners Using a Pot of Bubbles

Give the cue *'Ready...steady...'* wait for a response, this could be a movement, vocalisation, gesture or sign, say *'Go!'* then blow the bubbles.

Can the S.E communicate a request for you to blow the bubbles *'again'* or request *'more'* bubbles?

Can the S.E track and pop the bubbles using their finger?

Promote Listening Skills

Can the S.E listen to the sound of the bubbles popping?

Build Motor Muscles and Promote Bi-Lateral and/or Hand Eye Coordination

Can the S.E blow the bubbles independently? (Opportunity to promote bi-lateral skills and and-eye coordination)

Extend Learning

Explore using one long, slow breath to blow a large bubble, and one short breath to blow lots of bubbles.

Can the S.E control their breath to blow one big bubble or lots of little bubbles?

A Bell for my Trike...

STORY	PROP	SENSORY EXPERIENCE
A bell for my trike	<p>Traditional Bike Bell Bike Horn Electric Bike Bell</p>	<p>Engage the Senses Pull the trigger to make the bicycle bell ring out of sight of the S.E. Do they turn their head to track the sound?</p> <p>Bring the bell into view and model pulling the trigger to make it ring again. Can the S.E use their finger to ring the bell?</p> <p>Option to explore the sounds of different types of bicycle bells (see below for ideas)</p>

Traditional Bike Bell - The bell is activated by pressing a lever or button, causing a ringer inside the bell to strike the dome to produce a loud and clear ringing sound.

Electric Bike Bell - These often come with LED lights and produce a range of sounds, from traditional ringing tones to modern and customizable options

Bicycle Horn - Squeeze the horn to make a loud honking sound.

A Toy Car...

STORY	PROP	SENSORY EXPERIENCE
A toy car...	Toy Car	Promote Turn Taking Roll the toy car to the S.E Can they roll the toy car back to you? Reinforce using the language <i>'My turn...Your turn'</i>
	Cardboard Tube or Ramp	Build Anticipation Skills, Promote Visual Tracking & Hand-Eye Coordination, Mark Making Roll the toy car down a cardboard tube. Can the S.E catch the car as it emerges from the tube?
	Paint or mud	Can the S.E dip the wheels of the toy car into paint then push the vehicle along a clean sheet of paper to mark make?

Explore Different Types of Toy Car

- Electronic toy car (these have lights and sound features)
- Lego car
- Push-along car
- Track car
- Wind-up car

A Boat...

STORY	PROP	SENSORY EXPERIENCE
A boat...	Toy Boat Water Washing up bowl	Promote Turn Taking Float the toy boat on the water or invite the S.E to place the boat on the water in the container, then nudge the boat in the direction of the S.E. Can the S.E nudge the boat back towards you? Tip Option to place seashells, toy fish and seaweed (use wilted spinach) into the water to create an authentic experience.
	Water Spray Bottle	Turn the setting of the water spray bottle to a fine mist. Spray into the air to re-create the effect of spray from a boat.

Option to Explore Different Types of Toy Boat

- Clockwork (wind-up) boat
- Interactive water cannon boat
- Pull propeller boat
- Remote control boat
- Push-along boat
- paper boat

Boat Themed D & T Extension Activities

Exploring a sensory story forms a foundation for exploring themes further, for example, you may wish to engage in boat themed activities linking to other areas of the curriculum (see below for **D & T** ideas)

Make boats from materials that float.

For the Boat Base: Balsa, Cardboard Box, Cd's, Corks, Cupcake Cases, Egg Box, Feathers, Margarine Tubs, Match Sticks, Plastic Bottle Tops, Plastic Bottles, Lids Dishes and Plates, Sponges, Straws, Styrofoam, Twigs, Wooden Craft Sticks.

The Sail: Balloons, Card, Feathers, Foam Shapes, Leaves, Material.

Explore Cause & Effect

Can the S.E (sensory explorer) direct a fan (battery operated fan/dynamo 'squeeze' fan/hand-held fan, paper/silk fan) at the boat to move it across the water?

Hold a Boat Race

Can the S.E (sensory explorer) predict the boat that will win based on the materials it is made from?

Add Cargo to the Boats

Test Durability

Add Ice cubes to the water. How well do the boats navigate these obstacles?

and a Jet Plane...

STORY	PROP	SENSORY EXPERIENCE
...and a jet plane	Toy Plane	Present the toy plane for sensory exploration. Option to explore different types of plane: Re-create the effect of the air pushing through the plane's jets using a fan .
	Fan	Explore different types of fan (See the following page for ideas on using fans in sensory storytelling)
	Balloon Pump/Bellows	Re-create the effect of air pushing through the jets using a balloon pump or bellows .

Explore Different Types of Plane

- Balsa wood or styrofoam glider
- Lego plane
- Toy noise simulation plane
- 'Pull back' cause and effect plane
- Push-along plane
- Clockwork (wind-up) plane

Using Fans in Sensory Storytelling

Using Fans in Sensory Storytelling

There are many different designs of fans, each operating in their own way. They all promote the concept of cause and effect and provide sensory feedback.

Folding Fan

This type of fan consists of a series of thin, rigid panels attached to a central pivot to form a semi-circular shape when opened. Using these fans builds finger and wrist strength as to use them they need to be gripped and wafted. The fans are available in a variety of materials:

Bamboo or wood - Sturdy and durable.

Fabric - The materials they are made from (cotton, polyester, silk, satin) make them soft to the touch. Option to spritz scent or pop a drop of essential oil onto your fans to add an extra-sensory layer. Explore the different scents with the story explorer so they can choose their favourite one to add to the fan.

Paper or card - Making a fan presents an opportunity for the sensory explorer to feel the smooth, zigzag patterned, accordion folds as they run their fingers back and forth over the paper or card. Decorate with feathers or sequins.

Plastic - A cheap, lightweight option, often with embossed/3D designs.

Other Fan Designs

Battery-operated hand-held fans - Explore the concept of cause and effect as the button is pressed 'ON' to spin the blades of the fan and 'OFF' to stop it.

Dynamo or squeeze hand-held fans - These are powered manually by cranking or pressing a lever to operate a small generator within the fan to rotate the blades. They present tactile feedback as you can feel the resistance and gentle vibration when you squeeze. They also make a very satisfying noise!

Suggested Resource

Airports and Airplanes is a teaching pack aimed at sensory learners of all ages. It contains a fully resourced, step-by-step multisensory story, a mini 'Brief History of Flying' sensory story plus sensory, themed activities.



A Fully Resourced, Sensory Story Plus Themed Activities for Sensory Learners of all Ages



Includes a Bonus 'Brief History of Flight' Sensory Story



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'This is a story about travel, airports, and planes

Luggage, security, gates, and runways

The feelings on my senses, smell, sound, touch, taste, sight

In the airport building and when I'm on my flight'

Join our character as s/he experiences the sights, sounds, smells, tastes and textures of the airport, from check-in through to landing. This resource connects individuals to literacy, history, and topic through the senses and is aimed at supporting students (aged 3-19) following pre-formal/sensory, semi-formal or formal pathways in special education schools and settings. The story and activities support the areas of the Engagement Model and link in with many other areas of learning, EYFS & Yr 1 students in mainstream settings, SALT and EAL students.

Track for my Station, a Very Fast Train...

STORY	PROP	SENSORY EXPERIENCE
Track for my station	Train Track	Promote Fine Motor Skills, Hand-Eye Coordination & Dexterity Model connecting pieces of a train track then pushing the train along. Can the S.E copy this action?
A very fast train	Train	Extend Learning Present the S.E with to pieces of straight track and two corner pieces . Can the S.E connect the pieces to make an oval track?
	Dried Rice/Beans Tupperware Box	Promote Listening Skills Re-create the sound of a train clacking down the train tracks by placing dried rice or beans into a Tupperware container then shaking in a train-like rhythm. Can the S.E copy this action?
	Clackers Long-handled Castanets	Alternative Prop Model re-creating the sound of the train rattling down the train tracks using clackers or long handled castanets. Can the S.E copy this action?

A Shaker, Tambourine and a Loud Drum

STORY	PROP	SENSORY EXPERIENCE
A shaker, tambourine and a loud drum	Shaker Drum Tambourine	Explore Music Present the instruments for sensory exploration. Can the S.E choose their favourite instrument ? Can the S.E communicate a request to listen to the sound the instrument makes again? Explore Playing Beats and Rhythms Can the S.E copy a beat or rhythm? Extend Learning Practice starting and stopping. Practice playing together? Play along to a Christmas song e.g., Jingle Bells

A Tuff Tray and Slime, Now That Will Be Fun!

STORY	PROP	SENSORY EXPERIENCE
A tuff tray and slime , now that will be fun!	Tuff Tray Ingredients for Slime ¼ Cup Chia Seeds 1 ¾ Cups of Water Green Food Colouring Spinach	Engage the Senses Present the slime on a Tuff Tray . Slime Recipe Mix the ingredients then leave to swell for 30 mins. Add green food colouring for an authentic slime colour and smell. Tip Involve the S.E in making the slime.*

Be allergy aware.

Discard the slime after use.

A New Physio Ball, My Old One's Gone Flat...

STORY	PROP	SENSORY EXPERIENCE
A new physio ball my old ones gone flat	Physio Ball	Promote Gross Motor Skills, Balance, Sensory Regulation Explore exercises with the physio ball : 1. With the S.E lying flat on their front, roll the ball up and down their back using very gentle pressure. 2. Encourage the S.E to sit on their physio ball with placing their feet on the floor using a tall relaxed posture. 3. Encourage the S.E to lay forwards over the physio ball then roll forwards and backwards touching the floor with their feet and hands to balance.
	Pump Physio Ball	Alternative Activity Using a pump , inflate a flat physio ball . This is a good team building exercise if working in a group.

Always ensure exercises are supervised by a responsible adult and practised in a safe, hazard free environment.

Consult the person's physiotherapist if you are unsure.

...and for my trike, a shiny hard hat

STORY	PROP	SENSORY EXPERIENCE
and for my trike, a shiny hard hat	Cycling Helmet	Present the cycling helmet for sensory exploration. Model wearing the cycling helmet. Would the S.E like to try the cycling helmet on?
	Mirror	Provide a mirror so the S.E can see their reflection.

Chocolate Coins to Suck and Chew...

STORY	PROP	SENSORY EXPERIENCE
Chocolate coins to suck and chew	Chocolate Coins	<p>Engage the Senses Present a wrapped chocolate coin for the S.E to smell and touch.</p> <p>Promote Fine Motor Skills and Dexterity Model peeling back the foil wrapping of the chocolate coin using your index finger and thumb. Can the S.E copy this action? Can the S.E communicate a request for 'help' to remove the foil if required?</p> <p>Would the S.E like to taste the chocolate coin?</p> <p>Can the S.E communicate a request for <i>'more'</i> if they would like another chocolate coin or make a rejection if they do not like the chocolate coin?</p>

A Christmas Cracker to Pull With You...

STORY	PROP	SENSORY EXPERIENCE
A Christmas cracker to pull with you	Christmas Cracker	Build Anticipation Skills Build anticipation skills as you pull the Christmas cracker* together. Christmas Cracker Craft Activity You will need Two cardboard tubes Crepe or tissue paper (ribbon optional) A party hat <ul style="list-style-type: none">- Lay the tissue paper on the table.- Cut one of the cardboard tubes in half- Lay the whole cardboard tube in the middle of the crepe/tissue paper. Place a paper party hat inside.- Leave a gap of 5cm then lay the half sized cardboard tube either side of the middle tube.- Roll the paper around the tubes.- Twist or tie ribbon where the 5cm gap is to create the two pulling ends of the cracker.

*Some people dislike loud bangs, remove the banger or make a homemade cracker.

A Koosh, Torch, Bright Lights for my Tent...

STORY	PROP	SENSORY EXPERIENCE
A Koosh, torch, bright lights for my tent	Koosh Torch LED Battery Lights	Practice Making Choices Present the Koosh, Torch and Battery LED Lights for sensory exploration. Does the S.E show a preference for a particular item?
I will make good use, it will be money well spent		Practice Visual Tracking Dim the lights in the room. Shine the torch onto the S.E's lap tray, the table, the floor and around the ceiling. Can the S.E track the light? Tip A headtorch is a good hands-free option, also where the head moves the light will follow. Can the S.E switch the torch ON and OFF? Explore Different Types of Torches <ul style="list-style-type: none">- Colour changing torch- Dynamo/squeeze- Flashlight- UV torch- Wind up torch

A Doll for my Sister...

STORY	PROP	SENSORY EXPERIENCE
My Mum says I must write for my sister who's two	Makaton sign for 'Sister'	Promote Communication Through Makaton To sign ' sister ' using Makaton, curl the index finger and tap twice on your nose.
Bring her a doll ...	Doll	Present the doll for free exploration. Point out the features of the doll's face. Can the story explorer point to their eyes, ears, mouth and nose?
and a shape sorter too	Mirror Shape Sorter	Provide a mirror so the S.E can study their reflection. (See below for ideas on engaging learners using shape sorters.)

Engaging Sensory Learners Using Shape Sorters

Shape sorters are a useful educational resource for promoting developing fine motor skills and hand-eye coordination and exploring shapes and colours.

1. Model placing the shapes into their corresponding holes.
2. Model emptying the sorter to start again.
3. Present the shape sorter for the S.E to explore.
4. Use positive reinforcement when the S.E successfully matches the shape.
5. Can the S.E communicate a request for help if required? Provide assistance by gently guiding their hand to help them.

I Will Look for you Santa High in the Sky...

STORY	PROP	SENSORY EXPERIENCE
I will look for you Santa high in the sky	Kaleidoscope	Model looking through the kaleidoscope , would the S.E like to have look through the kaleidoscope ? Turn the barrel so the S.E can see the gems and feathers create patterns. Promote Fine Motor Skills and Hand-Eye Coordination Can the S.E use the kaleidoscope independently?
	Sleigh Bells Wrist or Ankle Bells	Alternative Prop Re-create the sound of Santa's sleigh by ringing the bells . Can the S.E copy your action?

I'll Leave you some Milk and a Tasty Mince Pie...

STORY	PROP	SENSORY EXPERIENCE
I'll leave you some milk and a tasty mince pie*	Apples or apple sauce, Orange zest Raisins Currants Sultanas Cinnamon Nutmeg Clove powder Allspice.	Explore New Foods, Express Likes, Dislikes and Sensory Preferences Option to taste some of the ingredients contained in mince pies: apples or apple sauce, orange zest, raisins, currants, sultanas. Non-Food Activity Touch and smell mincemeat spices: cinnamon, nutmeg, clove powder, allspice.

*Be allergy aware as many mince pies contain nuts.

I Must Go Now As It Is Getting Quite Late

STORY	PROP	SENSORY EXPERIENCE
I must go now as it is getting quite late	Clock Sand Timer	Explore the Passage of Time Listen to a ticking clock . Watch the sand in a sand timer empty from the upper bulb into the lower bulb If the lights are not dimmed, dim the lights and roll down the blinds in the room.
Thank you Dear Santa, Johnny (age 8)		Practice Makaton To sign ' Thank You ' using Makaton, your flat hand starts with fingertips on your chin then moves down and away from the body.

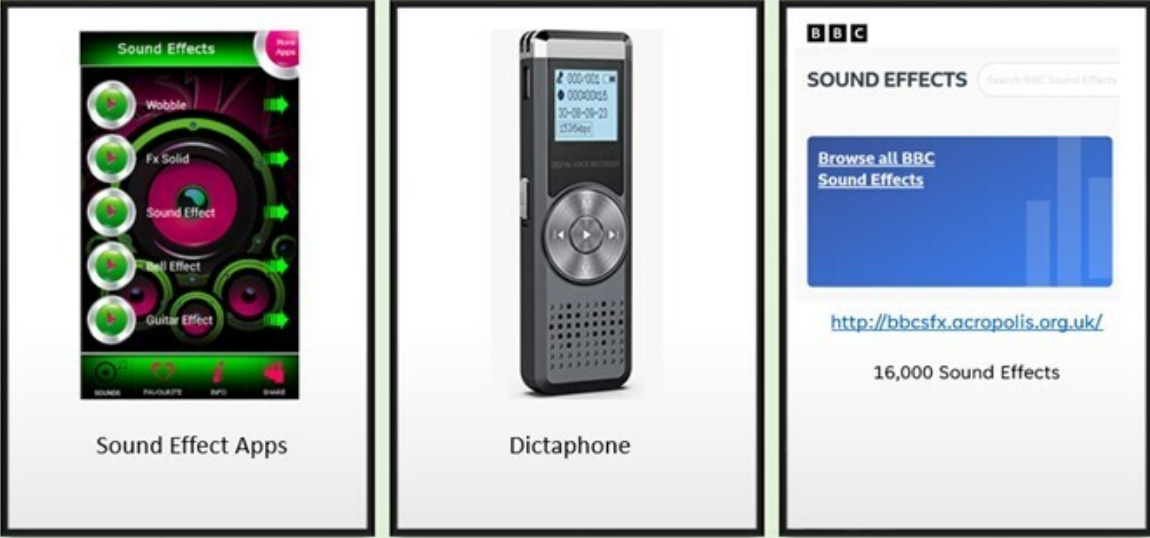
*Be allergy aware as many mince pies contain nuts or may have traces of nuts.

Christmas Themed Sounds

Play Christmas-Themed Sounds

- Bang of a Christmas cracker
- Christmas carols, church choirs or popular Christmas songs e.g., Bing Crosby, Mariah Carey, Slade
- Crackling of a log fire
- Cutlery (to represent eating Christmas dinner)
- Rustling of wrapping paper
- Santa's 'Ho Ho Ho'
- Sleigh Bells

Use a combination of physical props and recorded audio clips/sound effects which can be played via your phone, iPad, Kindle or recorded and played back on a Dictaphone or Talking Tile, Multi Memo Recorder or similar device.



The image displays three panels illustrating sound effect resources:

- Sound Effect Apps:** A screenshot of a mobile application interface titled "Sound Effects" with a "Multi Apps" badge. It features several circular buttons for "Wobble", "Fx Solid", "Sound Effect", "Bell Effect", and "Guitar Effect".
- Dictaphone:** A photograph of a silver digital dictaphone with a small screen and a circular control pad.
- BBC Sound Effects:** A screenshot of the BBC website's "SOUND EFFECTS" page. It includes a search bar, a "Browse all BBC Sound Effects" button, the URL <http://bbcsfx.acropolis.org.uk/>, and the text "16,000 Sound Effects".

Sound effects breathe life into a story and provide the opportunity to elicit a response from the story explorer

Promote Listening Skills

Can the sensory explorer communicate a request to listen to a sound they like again?

Can the sensory explorer make a rejection if they do not like a sound?

Can the story explorer use a prop to make a sound?

Can the story explorer copy a sound using their voice? Record their voice and play it back.

If playing a recording on a device, can the sensory explorer activate the device independently?

Can the sensory explorer correctly identify the sound? (Option to use a choose board with images.)



Christmas Themed Sensory Bag

Invite the sensory explorer to place their hand into the bag and select an item.

Encourage the sensory explorer to use their sense of smell, touch, hearing and taste to guess what the item is? (If the person is unsure then provide plenty of clues.)

Build Functional Language Skills

Ask the sensory explorer to tell you or show you what you might do with the item and where you might find it. (If the person is unsure, model what to do with the item and see if they can copy your action.)

Allow the sensory explorer time to explore the item and process the information then shake your bag again for them to select another item.

Keep language simple. Focus on phrases such as *'Choose'* or *'Take one'* when offering the bag to the learner to select an item. Focus on the name of the object e.g., *'drum'* *'bubbles'*, *'bell'*, *'torch'* and two-word phrases e.g.,: *'red car'*.

Model verbs such as eat and blow.

Seasonal Ideas to Engage the Sensory Learners

Write a letter to Santa!

Make Mince Pies.

Buy an item for the food bank.

Make a snow globe.

Sing a Christmas Carol.

Feed the birds! (Don't forget to give them fresh water!)

Read a Christmas Story.

Watch a trailer to a Christmas Film.

Go for a winter nature hunt and collect fir cones, holly, mistletoe and fir tree branches.

Decorate your bedroom/classroom.

Wear a Christmas jumper.



Make Christmas Decorations.

Toast marshmallows.

Build a snowman.

Have a snowball fight!

Decorate a gingerbread house.

Make a Christmas card.

Ring a friend or relative you haven't seen or spoken to for a while.

Drink hot chocolate.

Go Christmas tree spotting.

'A Sleigh Ride' Guided Sensory Relaxation Adventure

i There are many benefits of meditation for children and teenagers including increased concentration and relaxation. Meditation promotes emotional health providing a feeling of positivity and mental well-being, reducing stress and anxiety, lengthens attention span, concentration and improves sleep.

Guided relaxation is generally considered a safe activity as it is the practice of relaxation, stillness and calmness.

⚠ If you are in any doubt as to whether to partake in this activity, please seek advice.

⚠ If you choose do this meditation, you are using the information contained herein entirely at your own discretion.

- Invite the sensory explorer to join you for a relaxation adventure.
- Invite the sensory explorer to settle into a position that is comfortable for them, this could be lying down or sitting.
- Dim the lights and roll down the blinds/close the curtains.
- Using a calm and gentle voice, slowly read through the guided adventure pausing between sentences.
- Tell the sensory explorer that if at any point during their relaxation adventure they wish to stop, to open their eyes (if closed), raise their hand or tell you.

I have included suggested props and sound effects. The props and ideas for incorporating the props into the story have been added in **red** lettering next to the relaxation adventure text.

Note: This story can be delivered with the eyes open or closed, with or without the props.

'A Sleigh Ride' Guided Sensory Relaxation Adventure

'Close your eyes.

Take a deep breath.

Listen.... (shake bells)

Can you hear that sound?

It's Santa and his reindeer.

I'm going to count the reindeer slowly.

As I count you will start to feel relaxed (**count slowly**)

One...Dasher... two...Prancer...three...Vixen...four...Comet...five...Cupid...six...Donner...seven...Blitzen...eight...Olive...and at the very front is Rudolf.

Would you like to stroke one of the reindeer?

Go ahead, choose your favourite.

Can you feel how soft their fur is? (Place faux fur into the palm of the sensory explorer)

Stroke their silky ears. (Replace the faux fur with a piece of silky material.)

Give them a tickle under their fluffy chin. (Replace the silky material with a feather. Option to tickle the sensory explorer with the feather.)

Santa is sat high on his sleigh waving at you.

Climb onto the sleigh and sink into the soft, squishy seat. (Place a pillow or cushion under the sensory explorer's head or feet.)

Are you ready for your sleigh ride?

Prepare to fly!

'A Sleigh Ride' Guided Sensory Relaxation Adventure

You are flying high in the sky heading North. (Gently waft a fan to create a breeze around the sensory explorer.)

The reindeer are flying towards the land.

It is covered in thick snow. (Place cotton wool that has cooled in the fridge into the sensory explorer's palm.)

Counting down to landing, 10...9...8...7...6...5...4...3...2...1

The reindeers' hooves gently touch the ground. (Re-create the sound of reindeer hooves by gently knocking two plastic cups or coconut shells together.)

The sleigh slowly skids to a stop in the thick snow.

Use your imagination as you step onto the thick snow.

Can you see how it glistens?

Can you see the footprints you are leaving in the snow as you walk?

Can you feel big flakes of snow falling from the sky? (Let paper snowflakes fall around the sensory explorer.)

Can you catch a snowflake on your tongue and feel it melt?

Take your time as you explore the North Pole.

It's almost time to go home.

Take one last look around the North Pole.

'A Sleigh Ride' Guided Sensory Relaxation Adventure

Rudolph asks if you would to ride home.

Climb onto his back.

Can you feel how soft and warm his fur is? (Place a soft blanket over the sensory explorer.)

Rudolph tells you to hold onto his antlers. (Place a cardboard tube in each of the sensory explorer's palms.)

Prepare to fly! 10...9...8...7...6...5...4...3...2...1...Lift-off!

You are flying amongst the twinkling stars.

The moon is shining bright. (Shine a torch onto a circle of card covered in silver paper or foil.)

You fly high in the sky.

You feel safe, happy as you feel the wind in your hair. (Gently waft the fan around the sensory explorer.)

You see the room where your adventure began.

Rudolph lands just outside the door.

Would you like to give Rudolph a carrot? (Place a carrot in the sensory explorer's palm.)

Can you feel how gently Rudolph takes this from your hand? (Gently remove the carrot from the sensory explorer's palm.)

Would you like to give Rudolph one last stroke and wave him goodbye. (Place the faux fur material into the sensory explorer's palm')

Your journey is over for today but you can return to visit Santa and his reindeer any time you like because this is the power of your imagination!

When you are ready, wiggle your fingers and toes. Have a little stretch then slowly and gently open your eyes!

Adapting 'Dear Santa' into a Class or School Play



This sensory story is easy to adapt into a short class or part of a school play. I have condensed the story. The following slides are some ideas to get your started. Your students may wish to bring their wish list items onto the stage.

Characters

The Student - Writing/cutting and sticking the letter.

Santa - Sorting through the letters.

Students - Interacting with the toys and games.

Setting the Scene

Santa is sitting next to a sack of letters.

Throughout the play Santa reaches his hand into his sack, removes an envelope, opens the envelope and reads the letter. He then places the letter on the floor and repeats.

Our **Main Character** is sitting throughout the play with writing materials writing a letter to Santa or looking through a toy catalogue.

Option to have a Narrator reading the poem or for the student to speak and/or sign their line of the poem.

Adapting 'Dear Santa' into a Class or School Play

'Dear Santa...I'm writing my letter early this year'

Spotlight on student(s) writing a Christmas wish list, flicking through a toy catalogue and/or cutting and sticking pictures from the catalogue onto paper

'As you get lots of mail from children I hear'

Santa flicks sorts through a pile of envelopes, opening and reading them

Here's a few ideas of things I would like....

'Chocolate Coins'

Can the student say or sign 'chocolate coins?'

'Bubbles'

Can the student blow bubbles or use a switch to operate a bubble machine?

'...a very fast train'

'...a whistle, tambourine and a very loud drum'

'...a new physioball, my old one's gone flat!'



Enter Postman onto stage delivering a sack of letters to Santa

The postman can keep re-entering stage to deliver letters.



Throw chocolate coins into the Audience



Blow bubbles into the audience



Students enter the stage signing 'Train' (Bend one arm and move in a circular motion by side) or moving in a 'cardboard box' train



Students enter the stage playing instruments (Option to play/sing/sign a song the audience know and can join in)



Student enters the stage holding a deflated physioball and a pump

Adapting 'Dear Santa' into a Class or School Play

'...a koosh'



Option to throw a few of Kooshes into the audience

'...bring my sister a doll'



Student enters stage pushing a pram

'...and a shape sorter too'



1. Students dress as shapes
e.g. square: cardboard box
triangle: hat, star: Carrying star shaped wands
2. Carrying 3D shapes (raid the maths cupboard!)
3. A student completes a shape sorter puzzle on stage

'I will look for you Santa, high in the sky'



Dim the lights
Students enter the stage shining torches onto the ceiling

'...and leave you some milk and a tasty mince pie'



Student places milk and mince pie by Santa who is still onstage sorting through letters

'I must go now as it's getting quite late...'



Stage clears except for a spotlight on Santa and student writing letter

'Thank you Dear Santa, Johnny aged (8)'



Student approaches Santa with their letter, places it in an envelope and hands to Santa, signs 'Thank you' then exits stage

What Is A Multisensory Story?

A multisensory story is told using words and sensory stimuli (story props), connecting the individual to literature, culture, history and topic in a way that is motivating and meaningful to their lives.

Who Are Multisensory Stories For?

Multisensory stories are aimed at individuals with special educational needs and learning disabilities from curious children in the EYFS, KS1 to teenagers with complex needs following pre-formal/sensory, semi-formal or formal pathways.

The stories form an excellent base on which to scaffold learning providing opportunities for the individual to work towards their personal learning goals and targets.

The activities in the stories are aimed at supporting the five areas of the engagement model, creativity, independence, building communication skills, and supporting other areas of learning linking to curriculum subjects and topics.

Are The Stories Only For Use In Educational Settings?

The stories and poems are fully resourced, step by step guides, making them the perfect resource for Parents, Siblings, Guardians, Childminders, Early Years Educators, Teachers, HLTA's, TA's, Speech Therapists, Play Therapists, Support Workers, Activity Coordinators, Storytellers, Librarians and anyone with an interest in exploring storytelling through the senses in a fun and engaging way!

Why Rhyming Multisensory Stories?

The combination of sensory stimuli, listening to the rhyme and rhythm and the repetitive structure of the stories, supports memory and aids learning, playing a crucial role in the development of early communication language skills; joint attention, eye-contact, turn-taking, anticipation and the learning of concepts.

What Are The Benefits Of Multisensory Storytelling?

Stories create a bond between the storyteller and the story explorer enhancing and enriching experiences.

The activities in the stories are designed to promote:

Communication skills: Eye contact, listening, shared attention & language development.

Self-confidence & well-being: Trying out new ideas & skills.

Self-care, independence and enjoying achievement.

Opportunities to explore cause & effect and build anticipation skills.

Physical development: Fine & gross motor skills

Build knowledge about the environment & the world around us.

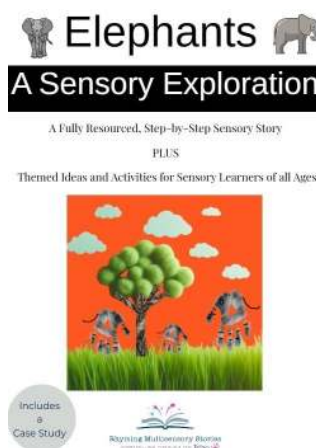
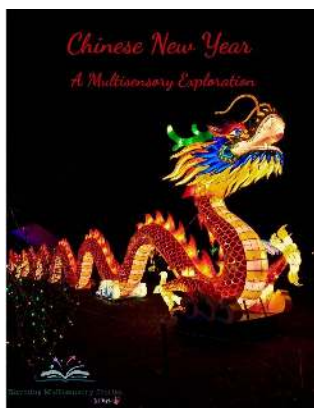
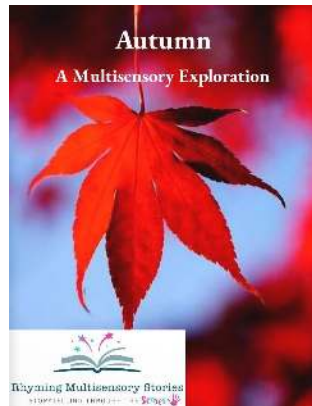
Engage in scientific experimentation and mathematical concepts.

Social & emotional skills: Turn-taking, sharing, listening to others' ideas and teamwork.

Can Multisensory Stories Build Communication Skills?

Sensory stories are an excellent motivating tool for encouraging alternative communication systems, early communication skills, Makaton, sign language and to facilitate PECS exchanges. The stories build the confidence of learners with speech impediments and communication difficulties as they have a physical (story) prop to support the words they are saying.

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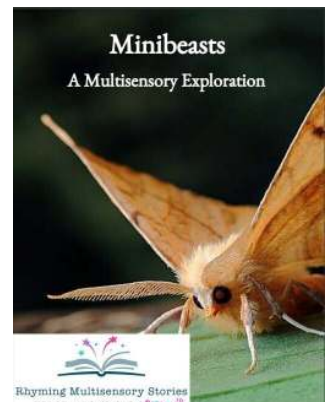
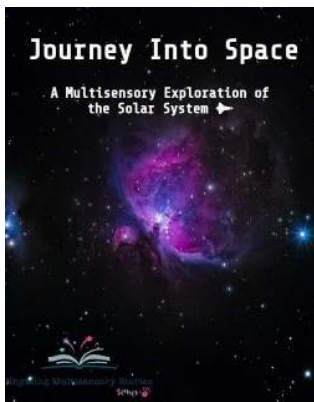
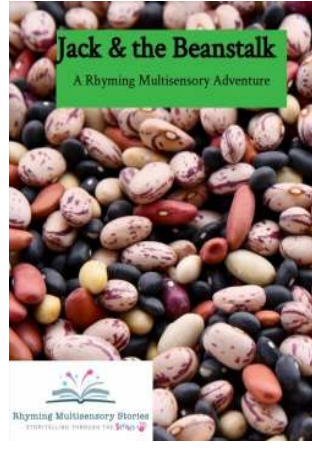
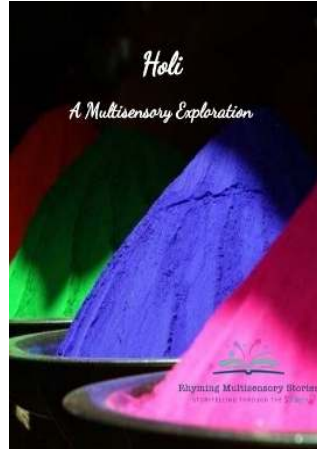
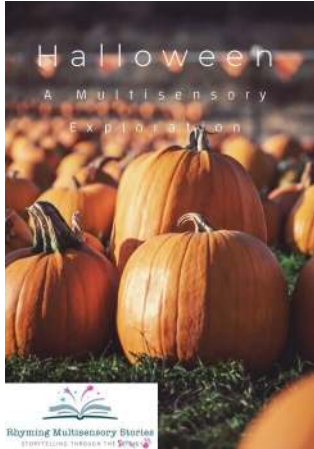
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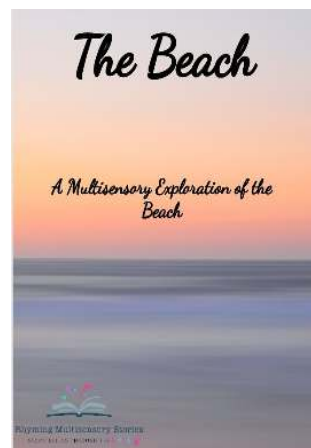
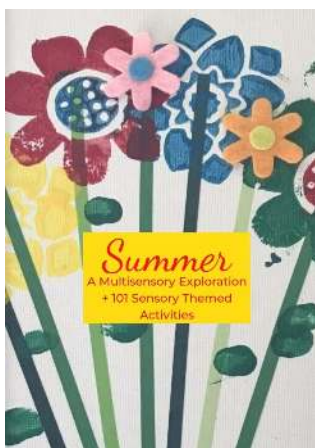
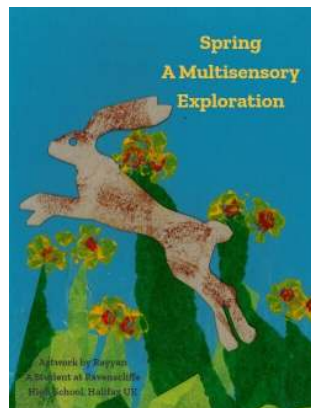
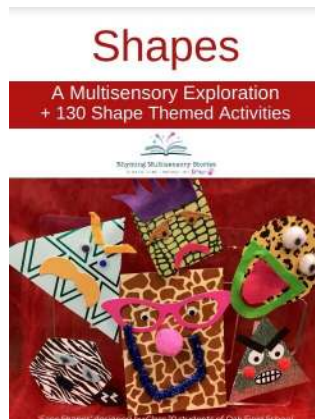
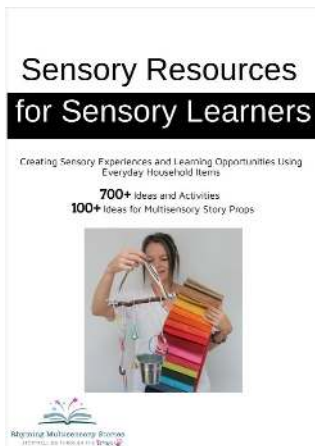
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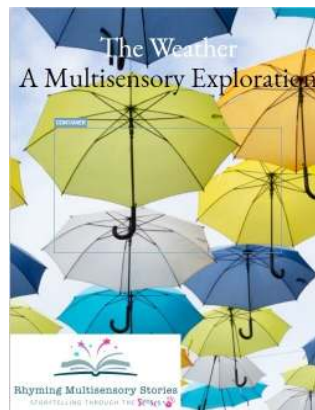
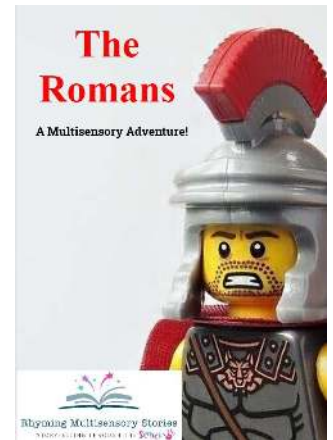
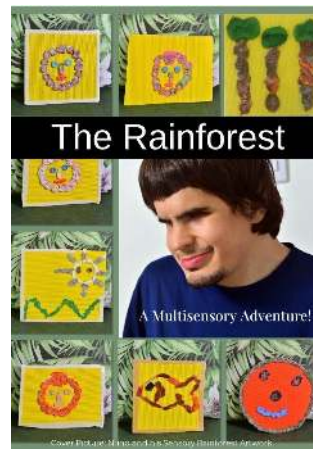
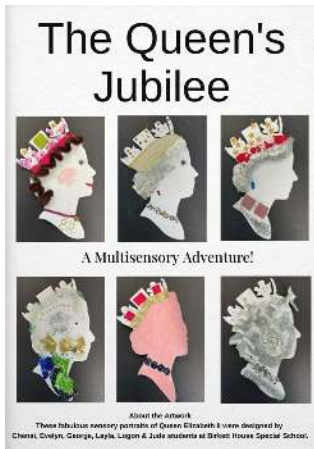
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Training and Workshops

Join me for a live workshop, or view pre-recorded modules at your leisure, as we explore all aspects of multisensory storytelling from sourcing story props, using the props as a tool to promote as a tool to explore likes, dislikes and sensory preferences, to make choices and rejections, to promote areas of communication and learning, adapting existing texts into a multisensory story, sensory inspiration...and more!

1-1
Groups

Held via Zoom

or

View the Pre-Recorded Modules

Multisensory Storytelling & Engagement Through Sensory Activities Workshop



Runtime 2 Hours

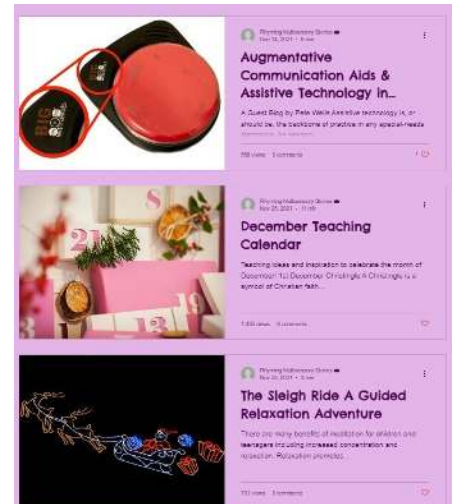
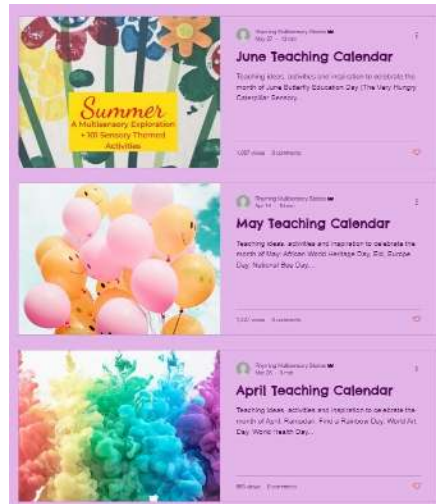
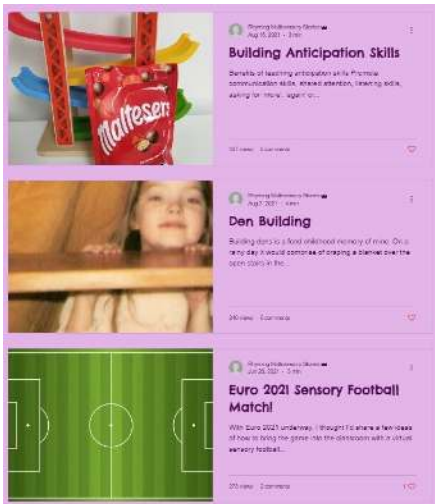
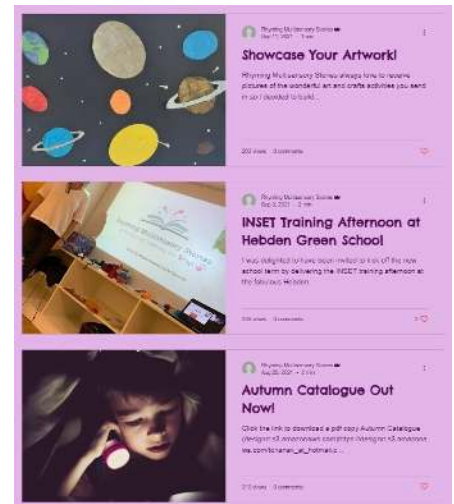
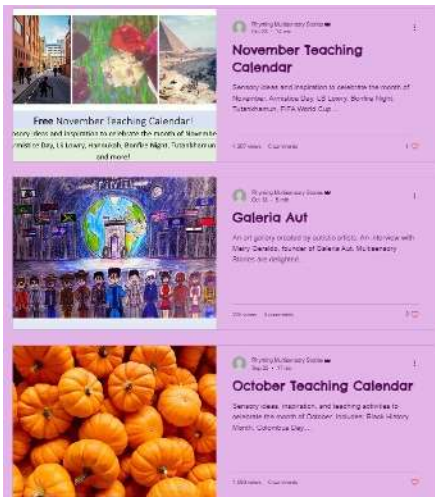
 <p>Sourcing Story Props We will explore how to source props, usin...</p>	 <p>Using Props to Promote Communication</p>	 <p>Tips and tricks I will share ideas and tips to help you bui...</p>	 <p>Using Props as a Tool to Explore Sensory Preferences</p>	 <p>Adapting Texts into Multisensory Stories</p>	 <p>Course Notes Sit back and enjoy the course as there's ...</p>
 <p>Practical Activity Tell a sensory story</p>	 <p>Sensory Ideas and Inspiration We will explore how to make homemade...</p>	 <p>Extension Activities We will explore how to extend learning...</p>	 <p>Q & A Questions are welcome as we work throu...</p>	 <p>Certificate of Completion You will receive a digital certificate of...</p>	 <p>DIFFERENT WAYS TO TELL A STORY</p>

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For all the latest news, views, guest features plus a **FREE** monthly teaching calendar packed with activities for sensory learners of all ages including festivals and celebrations, awareness days, this day in history, the month through and senses and more!



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'Dear Santa...'



Rhyming Multisensory Stories
STORYTELLING THROUGH THE Senses 

'Dear Santa' - A Rhyming Multisensory Story

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In memory of my dear Dad who wrote the original poem this story is based on