

Activity

Sensology Workout Session

Aims of the session:

- To awaken the senses
- To make choices and decisions and begin to develop preference
- To begin to gain an understanding of the world around them.

Introduction:

Sing learning song- it's time for learning (tune of if you're happy and you know it) as a cue that something our session is about to begin. Before each individual sense sing the body song for the corresponding sense.

Possible activities

Vision: *These are my eyes*

Indicate where the eyes are- Look!
 Exploring a range of visual stimuli
 Handheld disco light
 Finger light
 Light windmill
 Fibre optic
 Light Orb
 UV lights/ paint
 Black & White umbrella
 Neon Umbrella

Sound: *These are my ears*

Wrist bells
 Drums (varying loud to quiet)
 Shakers
 Triangle

Touch: *This is my body*

Contrasting/different textures e.g.
 - Feathers vs net
 - Pine cones vs conkers
 - Vecdro vs Bubble wrap
 - Gak vs spikey drier balls
 - AstroTurf vs slippery soap
 -Car chamois (damp) vs shower scrunchies
 - Sequins vs cotton wool
 Shredded paper vs bead chains
 - sand paper vs jelly cube
 - ice cubes vs warmed baked beans

Smell: *This is my nose*

Cotton wool scent pots/ spray / scented moisturiser-
 Orange vs Peppermint
 Lavender vs bergamot
 Lemon vs marzipan

Taste: *This is my mouth*

Lemon vs chocolate sauce
 Honey vs soy sauce
 Ice cream vs warmed custard

Teaching Points

- Activity is best suited to a minimalist environment to avoid distractions and enhance learning opportunities
- Be with the pupils as they explore their senses and respond to them rather than "showing" them how to play. Offer encouragement, and interact with them when they show that they want you to join in.
- Follow the child's lead and copy their explorations, vocalisations etc. to foster communication through intensive interaction.

Conclusion:

At the end of the session encourage pupils to help pick up and tidy away the objects (where appropriate). Sing 'it is time to finish now' to tune of Mary had a Little Lamb to signify the end of the session. Reflect on what each pupil has enjoyed achieved (to the tune of here we go round the Mulberry bush) e.g. *NAME has done good looking today, good looking today, good looking today. NAME has done good looking today. Name has done good looking.*

Resources/Additional Information

As listed above
 Recording sheets

Observations record

| Date: | Pupil Name: | Staff initials: |
|---------------|--|--|
| Area | What happened? What happened / what didn't happen & why? | Next actions What will I do next time and why? |
| Touch | | |
| Vision | | |
| Taste | | |
| Smell | | |
| Sound | | |