

## How to create an 'immersive' multisensory experience in the comfort of your own home!

**Theme: *The garden sensory story*- *\*Please note the story may contains clips from you tube, you will need a computer, lap top or tablet to access them\****

### **Brief**

*Why are we doing this?* In order to develop your child's communication skills, we need to use things that motivate them to communicate. We want to teach them to effectively and appropriately communicate 'I like this', 'I don't like this', 'I want more', 'I want this to finish'. This could be through physical actions - reaching, pushing away; facial expressions - smiling, frowning; vocalisations - happy/sad noises, or other methods individual to your child.

Gather the resources in a quiet, distraction free learning space. You will need stimulating items your child can explore in different ways (as appropriate) You know your child best, so choose things you know will engage them

- Tactile objects they can feel
- Sounds they can hear
- Things they can smell
- Objects they can see
- Flavours they can taste

### **My example:**

To experience aspects of the story/poem using simple items found around your home. Can be completed in one session as a complete story or have certain parts used as the focus. Please use as much or as little as you would like/ feel appropriate. All stories are designed to take at your own child's pace and can be paused, repeated and re visited at anytime as per your child's own preference and to help build anticipation to aid your child's responses.

### You will need:

Mud of your choice! - (soil from the garden, hot choc powder, ground coffee beans or dry rice).

Packet of flower/ veg seeds or dry rice in a bottle

Water in a watering can or similar

Cooked cooled spaghetti

Flowers, twigs, leaves collected from outside

Herbs of your choice (either dry or fresh)

Strawberries

Broom or hard brush

Something to dig! Spoons would work just fine!

Tray/ container/ bowl for the soil.

## Story

"We're going to explore the garden; I wonder what we'll find?" "Mud, dirty, dry mud" (dig the soil of your choice, sprinkle and explore in various ways) Does your child like the texture? Do they like the smell? Any preference of what they prefer? Do they like digging?

"We're going to explore the garden; I wonder what we'll find?" "Ah, seeds, some lovely flower seeds" (Sprinkle seeds/ rice. Shake seeds/ rice in empty bottle) Does your child like the sound of the seeds/ rice? Do they indicate whether they want 'more' or 'finished'? "Time to plant them and help them grow" (Sprinkle and feel soil and pour water on top from the watering can. Invite your child to feel the soil again, prompt your child by saying 'wet') Does your child dislike or prefer this texture? Did they enjoy listening to sound of the water being poured? If they enjoyed this, would they like you to repeat it?

"We're going to explore the garden; I wonder what we'll find?" Birds, chirping in the tree <https://www.youtube.com/watch?v=pQk4a5fJrBc> (play clip) "they're pecking in the mud....and.....found a worm for their tea! (Say worm for their tea, before allowing your child to feel the cold cooked spaghetti). What does your child think? Do they like the texture or instantly pull away? Do they need a moment to get used to the texture? Or react the same way each time?"

"We're going to explore the garden; I wonder what we'll find?" "Trees and plants" (feel and smell collection of twigs, flowers and herbs) "look at this plant! Fresh strawberries!" (feel and taste the strawberries) Note any responses.

"We're going to explore the garden; I wonder what we'll find?" "leaves, dry, crunchy leaves" (rustle and crunch leaves) "time to tidy them up" (sweep using broom) Note responses- sound, texture etc.

"Phew!! We've worked hard! Time for a break! It's good to explore the garden!"