

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

Theme: *The kitchen*

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:

Here is an 'imaginary' recipe I made up, using some resources I found in my kitchen.

You will need:

A saucepan and metal spoon

Some herbs and spices

Some dried beans/pasta/rice/lentils

Some colourful fruit and veg

Some strong, interesting flavours - lemon, honey, marmite

A bowl of warm, soapy water and a scrubbing brush

Method

We're going to make a smelly stew. What do we need first?

We need a sauce pan (what different sounds can you make with the saucepan and spoon? Tap them together, stir the spoon in the saucepan...)

We're going to make a smelly stew. What do we need next?

We need some herbs and spices (smell different herbs and spices. Does your child have a preferred smell?)

We're going to make a smelly stew. What do we need next?

We need some beans/pasta/rice/lentils (feel different textures - try putting different ingredients in trays/bowls to explore with hands/feet)

We're going to make a smelly stew. What do we need next?

We need some colourful fruit (visually explore different shapes and colours - can they follow the object if you move it across their line of sight?)

We're going to make a smelly stew. What do we need next?

We need some tasty flavours (taste different flavours - remember to try different flavours to encourage communication of like and dislike)

We're going to make a smelly stew. What do we need to do last?

We need to wash up! (Explore bowl of soapy water with hands/feet. Gently move the scrubbing brush down your child's arms/hands/legs/feet)

I hope you have enjoyed this session. I look forward to seeing what sensory items you have found in your kitchen!