

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

**Theme: *The Beach*- sensory poem- *\*Please note the end of the poem 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.

### You will need:

Sand

Sun cream or hand cream

A fan or windmill

Sunglasses

Sun hat

Mirror

Half-filled water bottle

Water spray

Bubbles (optional)

Water in tray

Pebbles/ stones/ shells (optional)

Umbrella

Juice of your choice

Hot water bottle

### Poem

"Summer is a great time to visit the beach" .....

"I feel the sand between my fingers and toes" (Sprinkle sand on hands and feet- verbal prompt (warn your child) by saying "sand" "we're playing in the sand")

Does your child like the texture? Do they prefer the texture of the sand on their hands or feet? Or at all?

"The sun feels hot" (feel the hot water bottle and shine the torch- the torch could also be directed onto something shiny, for bigger impact) "Time to put on some sun cream" (massage cream into the skin- arms, hands, legs and feet) "lets put on our sun hats and sun glasses" (try on hats and glasses and look into the mirror- a variety of hats and glasses could be used (if available) you could also join in at this point). Does your child like the warm hot water bottle? Where do

they prefer to feel it? Hands, feet etc. do they pull away if they dis like it? Are they showing a preference to where they like a massage? Any responses to looking in the mirror? Are any of you laughing? Or does your child instantly remove them?

"Water from the crashing waves creates a mist of my skin" (say "crash, ready.....steady.....crash (to build anticipation) this can be repeated as many times as your child likes....after crash spray the water spray. Does your child expect the spray? If you pause after steady... do they look like they're waiting, and then show a big response after?

"I can hear the waves crash on the rocks" ( "splosh"- the water bottle nearby so they can hear and to imitate waves. Water play, bubbles, shells and pebbles can be explored here. Shells/ pebbles could be just felt or shaken in bags for a different effect. Note any responses made.

"Time to relax and cool down" (say "cool" and use fan/wind mill). (Hold up umbrella and have a drink!) Note any responses made.

"I enjoy watching the boats sail along and listen to the seagulls flying in the sky"

<https://www.youtube.com/watch?v=72ELr1OyAOQ> (play clip and listen, reinforce "watching the boats sail along") (repeat if necessary)

[https://www.youtube.com/watch?v=QTfIIQ\\_rU\\_g](https://www.youtube.com/watch?v=QTfIIQ_rU_g) (play clip and listen, reinforce "listening to the seagulls flying in the sky") (repeat if necessary) Does your child have a preference as to which sound, they prefer? How do they show you this?

"Summer is a great time to visit the beach"

The End.