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# Learning and Participation Resource Pack

## Spring Sensory

Originally for EYFS/KS1 pupils with ASD and Learning Difficulties. Can be used for varying ages – depending on individual needs.



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# Overview

Sensory session ideas based on the theme of spring. You can structure the session ideas by having one focus per session or a carousel of activities within one session.

## Lesson Ideas

### Warm up/icebreakers

- Play the song “*Little April Shower*” and using blue dance scarves let them fall over the children like raindrops.

### Task ideas/starting points

- FLOWERS: You will need a bucket or bin, green shredded tissue paper, small fake flowers, felt flowers and essential oils.
- BABY BIRDS: You will need plastic eggs that split in half and small yellow chicks.
- APRIL SHOWERS: You will need an umbrella, string, print outs of raindrops and something to use as rain – if outside use real water, if inside blue shredded tissue paper. Use a tuff-tray to catch the tissue paper if inside.
- EASTER CHICKS: You will need a tuff-tray, yellow feathers and various sizes and styles of Easter chicks.

### Task developments

- FLOWERS: Place the green shredded tissue paper and small fake flowers into the bucket or bin and interact with each child using the sensory bin. After that, take the felt flowers, cover them in one of the essential oils and get the children to smell them. Use instrumental music of your choice to accompany this activity.
- BABY BIRDS: Place the chicks inside the eggs and shake the egg near the child’s ear and either let them open it or you open it

and act surprised, let them keep the egg and chick as you go around the rest of the group. Accompany this activity with a song about birds.

- **APRIL SHOWERS:** Staple the raindrops to the string and then tie the string to the umbrella, pour the water or shredded tissue paper over the umbrella to imitate the effects of rain. Accompany this activity with a song about rain.
- **EASTER CHICKS:** Fill the tuff-tray with the feathers and different looking Easter chicks and explore with the child.

### **Differentiation for lower/higher ability**

- If working on imitating language and sounds when presenting various objects to the child, say the sound or word and get them to imitate it.

### **Cool down ideas**

- Using a piece of fabric, lift it high above the individuals head and then wash it over them. This is best accompanied with music and, when doing this activity in groups, put a calming visual on for them to have something to focus on whilst they wait for their turn.

## **Outcome**

The activities are designed for the children to explore lots of different sensory items and can be adapted for different seasons. It also works on skills of turn-taking and communication/interaction.

# Resources and useful links

**Resource 1** : Chill out playlist

<https://open.spotify.com/playlist/11HXfRNI5ynyb08n1U23f8?si=wn1Do0kOSB-QeWkT2FVtrQ>

**Resource 2** : Dance scarves <https://www.amazon.co.uk/Geboor->

[Juggling-Movement-Performance-](https://www.amazon.co.uk/Geboor-Juggling-Movement-Performance-)

[Accessories/dp/B07NTHC9D1/ref=sr\\_1\\_3\\_sspa?crid=QA5THGMH7YK3&dchild=1&keywords=dance+scarves&qid=1585835397&s=kids&srefix=dance+scarves%2Caps%2C269&sr=1-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEwMVYxU0M1TExCRDY2JmVuY3J5cHRlZElkPUEwMzUxNDIOM0w3WEgzSjhRSllzNiZlbmNyeXB0ZWZlZElkPUEwNDQ5NTgzMTUwUU9ER1lCM0xZRIz3aWRnZXROYW1lPXNwX2F0ZiZlY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=](https://www.amazon.co.uk/Geboor-Accessories/dp/B07NTHC9D1/ref=sr_1_3_sspa?crid=QA5THGMH7YK3&dchild=1&keywords=dance+scarves&qid=1585835397&s=kids&srefix=dance+scarves%2Caps%2C269&sr=1-3-spons&psc=1&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEwMVYxU0M1TExCRDY2JmVuY3J5cHRlZElkPUEwMzUxNDIOM0w3WEgzSjhRSllzNiZlbmNyeXB0ZWZlZElkPUEwNDQ5NTgzMTUwUU9ER1lCM0xZRIz3aWRnZXROYW1lPXNwX2F0ZiZlY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU=)

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