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Learning and Participation Resource Pack

Disney Inspired 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

These sensory session ideas are based on Disney films. You can structure the session ideas by having one Disney film per session or a carousel of Disney films within one session.

Lesson Ideas

Warm up/icebreakers

- Play the song “*When You Wish Upon a Star.*” Using battery powered tealights and a printout of the outline of Mickey Mouse, turn the lights down and create the outline of Mickey Mouse using the tealights. Either let the children help you place them onto the template or let them sit and watch.

Task ideas/starting points

- FROZEN: You will need a tuff-tray and something to use as fake snow – confetti, mouldable soap, shredded tissue paper etc.
- THE LION KING/JUNGLE BOOK: You will need different animal print fabric.
- UP: You will need a large printout of the house from Up and balloons. Velcro to put on the balloons and the house.
- FINDING NEMO/THE LITTLE MERMAID: You will need sealable food bags, blue food colouring, small sea creature toys. Do the activity in a tuff tray just in case.

Task developments

- FROZEN: Put the item being used as the snow into the tuff tray, you can use one for the entire session or different items throughout the session to represent the snow. Sit with the child and interact with them and the snow. Use the Frozen soundtrack to accompany this activity.

- **THE LION KING/JUNGLE BOOK:** Lay out the animal fabric around the room and let the children explore the different patterns and the feel of the fabric. You can follow their lead, or you can see if they will follow you by stationing yourself at one of the pieces of fabric to see how they respond. Use songs from The Lion King and Jungle Book to accompany this activity.
- **UP:** Let the children watch you blow up the balloons. Get them to stick them onto the image of the Up House. Make the house fly. Use the theme tune from Up to accompany this activity.
- **FINDING NEMO/THE LITTLE MERMAID:** Give the children the ocean sensory bags to explore – each bag can have a different type of sea creature inside. Use the music from Finding Nemo/The Little Mermaid to accompany this activity.

Differentiation for lower/higher ability

- **FROZEN:** If you want a longer session get the children to come to the middle of a circle one at a time to help build the snowman on the floor. You will need these items for the snowman - hat, scarf, arms, gloves, nose, eyes, mouth, head, body
- **THE LION KING/JUNGLE BOOK:** Place different instruments on the different pieces of fabric and explore the instruments with the child.
- **UP:** Fill the balloons with glitter and get the children to pop the balloons when the house is flying.
- **FINDING NEMO/THE LITTLE MERMAID:** Introduce another sensory item into the activity such as sensory bottles – for this you will need empty bottles, different coloured food colouring and glitter.

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 – I recommend Disney piano 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. It also works on skills of turn taking and communication/interaction.

Resources and useful links

Resource 1: All the music from the films mention in one place

<https://open.spotify.com/playlist/6ukDKKEYEIC31sAAhHs8xJ?si=yV0HcoivRna8e1HrFSE8bg>

Resource 2: Disney piano music

https://open.spotify.com/playlist/2896AFoDoT9wl7qK06Or6O?si=dwG94l0yTq-R-tz2EOKj_g

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