



Sensory Sessions

These resources are all just nice simple sensory sessions that last about 20 minutes and are designed to stimulate 1 or 2 senses each time.

Some sessions need more resources than others i.e. instruments, but you can adapt and be flexible and inventive about this part.

You can start to look for 'anticipation' by repeating these activities on a regular basis.

Music suggestions are also included to accompany each item in the session.

Please use resources with caution and always under adult supervision.

Sensory Colours

Resources:

Anything visual of a colour i.e. toys, materials, lights etc.
Look for eye contact, tracking, head movement, reaching.

Music suggestions:

Blue - Mr Blue Sky - ELO
Green - Little Green Bag - Tom Jones
Pink - Pink - Aerosmith
Yellow - Yellow - Coldplay
Red - Red, Red Wine - UB40

Sensory Fruit

Resources:

Choose appropriate fruits for your child to taste or smell.
Look for facial expressions e.g. likes and dislikes.

Music suggestions:

Banana - Banana Boat Song - Harry Belafonte
Orange - Orange Crush - R.E.M.
Strawberry - Strawberry Fields - The Beatles
Cherry - Cherry Cherry - Neil Diamond
Peach - Peach – Prince

Sensory Movement

Resources:

Provide adult support with independence encouraged.

Look for any independent movement, no matter how small.

Music suggestions:

Stretching - Reach for the Stars - S club 7

Clapping - Clapping Song - Shirley Ellis

Shaking - Shake your Body - The Jackson 5

Stamping - 500 Miles - The Proclaimers

Freestyle - It's Like That - Run DMC & Jason Nevins

Sensory Smells

Resources:

Food essences, body sprays or actual foods. This could also be a tasting session.

Look for facial expressions, likes and dislikes.

Music suggestions:

Orange - Orange Crush - R.E.M.

Vanilla - Ice, Ice Baby - Vanilla Ice

Raspberry - Raspberry Beret - Prince

Lemon - Lemon Meringue - Poe

Strawberry - Strawberry Fields - The Beatles

Sensory Weather

Resources:

This is a 'be inventive' one. Try using a water spray, fan, drum, ice, hot water bottle etc. for a touch experience.

Look for independent touch and/or reaching, likes and dislikes, facial expressions and anticipation.

Music suggestions:

Rain - Rain on Me - Travis

Wind - Blowin' In the Wind - Bob Dylan

Thunder - Thunder - Prince

Snow - Let It Snow - Frank Sinatra

Sun - Here Comes the Sun - The Beatles

Sensory Instruments

Resources:

Use appropriate instruments (if possible) to play or use auditory sounds of each individual instrument to listen.

Look for tracking, head turning, reaching, independent playing of instrument.

Music suggestions:

Triangle - Bermuda Triangle - Barry Manilow

Guitar - Guitar Man - Elvis

Tambourine - Mr Tambourine Man - The Birds

Piano - Piano Man - Billy Joel

Drum - Drumming Song - Florence & The Machine

Sensory Music

Resources:

This is intended purely as a listening exercise.

Look for facial expressions, movements, likes and dislikes.

Music suggestions:

Country & Western - Hey Porter - Johnny Cash

Reggae - 3 Little Birds - Bob Marley

Smooth - Let's Face the Music - Nat King Cole

Classical - Fur Elise - Beethoven

Rock - All My Life - Foo Fighters

Remember these are all just suggestions and ideas so feel free to adapt and modify as you please.