A Different Day

A Multisensory Poem to Help Individuals Cope With Lockdown

Rhyming Multisensory Stories

STORYTELLING THROUGH THE Senses

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Thank you for downloading this multisensory poem.

This resource is aimed at helping young children and individuals with special educational needs understand and cope with lockdown during the Covid-19 Pandemic.

The author has used their best efforts in preparing this story and makes no representation or warranties with respect to the accuracy, applicability, fitness or completeness of the contents.

The information in this story is for pleasure and educational purposes only.

If you wish to apply any ideas contained in this story you are taking full responsibility for your actions. If you are in any doubt regarding undertaking an activity or using a prop then seek advice before doing so.

⚠ Not suitable for children under the age of three.

⚠These activities are designed to be led and supervised by a responsible adult at all times. □□□

⚠ Be aware of any potential choking hazards.

⚠ Check the ingredients in any items you may be using for potential food or skin allergies or reactions.

⚠ If you see any signs of redness, swelling or other symptoms of a suspected reaction seek immediate medical advice. □□

⚠The interactions should be led by the story participant who should be allowed to participate without expectation.

⚠ Never force stimuli and stop the activity if the story participant shows signs they are not enjoying the activity.

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Identify the key words in the story highlighted in **bold**. These are your story props.

Set out your resources where they are easily accessible. A large colourful box with a lid is ideal as its unknown contents provide an air of anticipation and mystery to the listener. Place your resources (props) inside the box in the order in which they will appear in the story.

Tip! Store any scented props in a sealed container, it will make the smell stronger as the air in the container will be fragranced and will waft out when you remove the lid.

Choose a quiet, distraction free place that is comfortable.

Present the box (lid on!) This will act as a visual cue for the listener that you are about to share a story.

Read each sentence slowly and clearly, introducing the story prop as the corresponding word in the sentence appears. There are different options suggested for story props. Follow a total communication approach and try some of the Makaton signs.

Use a variety of facial expressions and gestures to communicate meaning, Allow processing time for the listener to use their senses exploring the stimuli.

At the end of the story, present the listener with the props to freely explore. Depending on ability, if you are working at a sensory level you will be looking to identify items that motivate and engage the listener.
At a higher level you the aiming for the listener to retell the story using the props.

Story Props Checklist

✔ One Work Task (a simple jigsaw puzzle/small book/drawing)

✔ Soap/Water/Bowl/Mask/Mirror

✔Chalk

✔ Torch/Water/Glass

✔ Coloured Pens/Pencils/Felts/Crayons/Glue/Glitter/Card/Paper

✔Blanket/Upturned Plastic Plant Pots/Broom/Garden Brush/Large leaves/Car/Ball/Small Beanbags or Rolled Up Socks/Washing Basket

✔Pen/Paper/Jar/Tin

✔Telephone/Mobile Phone/Laptop/iPad /Tablet

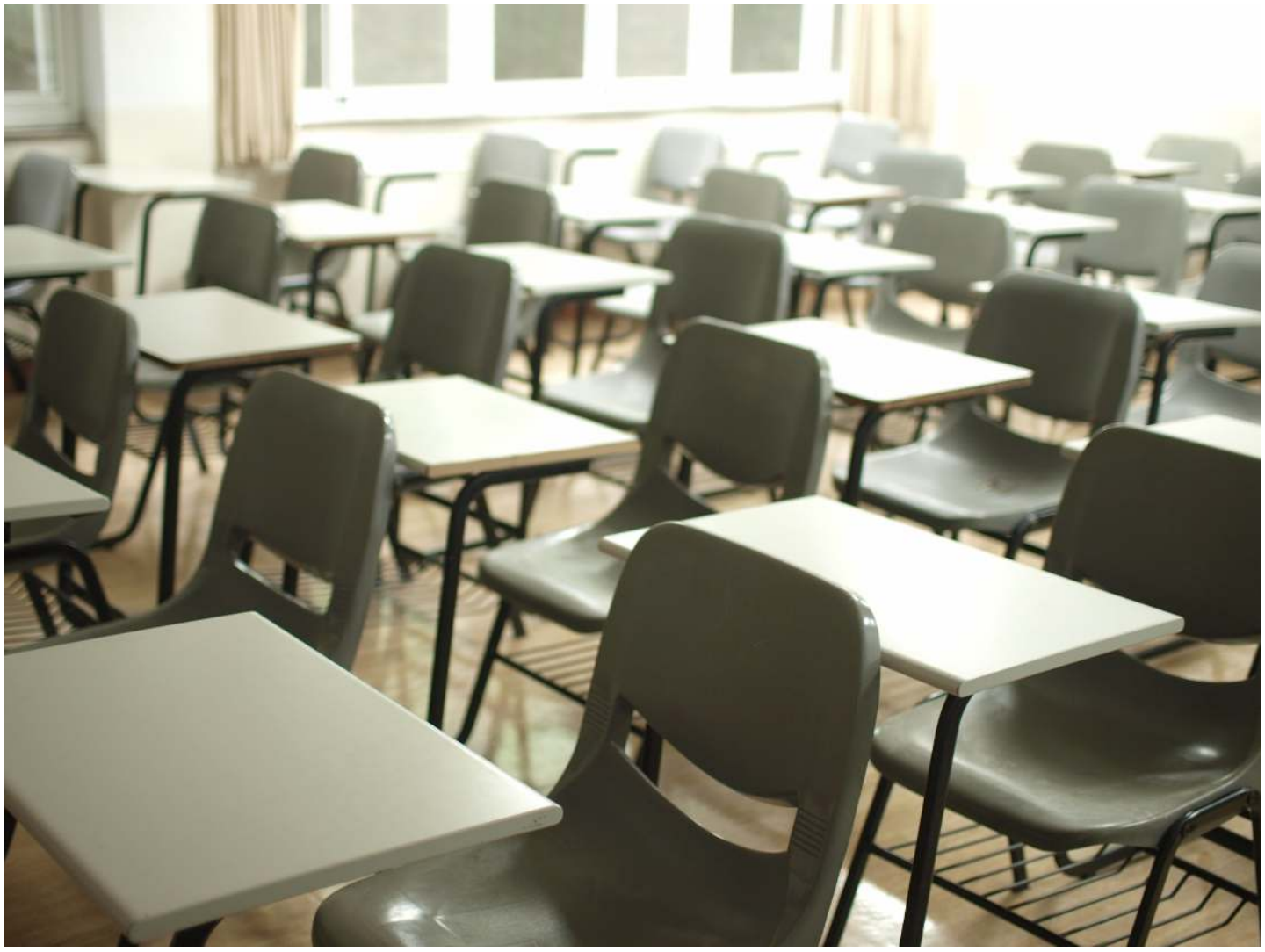
Story	Prop	Action
I like my routine the same everyday I like to know what's coming my way But things are **different** in my day My routine has gone away	Makaton sign **'different'**	To sign **'different'** using Makaton, hold your index fingers together with the rest of your fingers closed into a fist. Draw an arc by moving your fingers away from each other in opposite directions.

The people in charge have made new rules

One of those was closing **schools.**

Makaton sign **'school'**

To sign **'school'** using Makaton, make a small circular movement in front of the mouth with a flat palm.



I miss eating dinner in the hall

And playing on the climbing wall

I miss my teachers and my best friend

I wonder when this all will end?

Internet Access	Log onto the school website or social media page.
Photographs	Read the posts together and look at the photos.
School work	Collect any drawings or craft work the individual has made at school then look at them together.
	Reassure them that they will soon be back at school with their friends.

I do my **lessons** at home read, paint and draw.

Work I've done with my teachers before.

One simple piece of work or a single task to complete

Encourage the listener to complete one piece of work or a single task.

Tailor to suit the listener's ability. This could be a drawing, practicing counting, reading a short book or stacking blocks to build a tower.

Things are different in my day

'No need to worry' I hear Dad say

I smile back and ask if he will play

'Not now' he says, 'I'm **working** from home.'

I feel bored and all alone

Makaton sign **'work'**

To sign **'work'** using Makaton, with straight hands, rub the edge of one hand (little finger side) against the flat edge of your index finger side of the opposite hand.

I keep hearing words I don't understand

Mum keeps saying '**Wash** your hands!'

...and something else I must ask

Is why some people wear a **mask**?*

Mum says it's to protect both young and old

From catching a very nasty cold.

*Use your judgement as to whether or not to include the mask in the story as it can be upsetting for some individuals.

Soap

Water

Sink or washing up bowl

Mask**

Mirror

**Make your own mask by cutting the toe off an old sock, threading elastic through, then sewing both ends.

Model the correct way to **wash** your hands.

Practice counting to twenty as you do this, explaining this is the correct length of time to get your hands clean.

Let the listener see you smiling as you pop your mask on.

Would they like to try a mask on? Make this a light-hearted and fun activity.

Would they like to see themselves in the mirror?

After lunch we go for a walk

I play pavement hop-scotch drawn in **chalk**

Mum says 'Hurry up' as I go really slow

Because there's only time for one go.

Chalk

Draw a hopscotch on your patio or path.

Encourage gross motor skills.

‘Let’s go to the park’ I say to my Mum,

‘It's closed’ she says, that’s spoilt my fun.

Then she suggests we play a game!’

And we look for **rainbows** on window-panes.

Torch

Water

Glass

White paper

Coloured pens

Felts

Crayons

Glue

Glitter

Make a **rainbow.**

Fill a glass with water. Place a piece of white paper onto a table or lap-tray, hold the glass of water higher than the paper, then shine the torch through the water. A rainbow will reflect on the white paper.

Get crafty!

Make a rainbow picture and display it in the window at home.

When we get home, I'm thrilled to see

Dad's made an **obstacle course** just for me!

I scramble under the netting, step over plant pots, then jump in the air and run on the spot.

I collect all the socks on my way

This is turning out to be one fun day!

Blanket	Make and **obstacle course** using items from around the home and garden.
Upturned plastic plant pots	Lay a blanket down to make scramble net for the listener to crawl under
Broom/garden brush	Make a 'jump' by placing a stick or broom handle across two plant pots
Large leaves, card	Place circles of card or large leaves to create stepping-stones.
Balls, small beanbags or rolled up socks	Hide the items around the garden for the listener to find, collect and throw into the washing basket.
Washing basket	

Mum asks me to tell her
the things we can't do

I tell her swimming, the
cafe, park and zoo

She writes them all
down, puts them in a **jar**

And says when
lockdowns over we'll go
in the car!

Paper

Pen

Jar
tin or
box

Discuss, then write down, all the activities and places the listener cannot access during the lockdown.

Ask the listener to post them into the **jar,** tin or box, ready to select an activity to do after the lockdown has ended.

I tell her I miss people

I cannot see,

Mum says they're
staying home like me.

But that it's ok, we can
speak on the **phone**

So that nobody feels like
they're on their own.

Telephone/mobile phone/laptop/iPad

Make a **phone**-call or have a video chat with a person of the listener's choice.

So that's the story of my
different day

Life's goes on the same,
just in a different way

...and that's ok!

'A Different Day' Visuals (Created Using Boardmaker Online)

Tactile Activities

Explore items that provide good sensory feedback with a range of textures: bristly, bobbled, bubbly, bumpy, bushy, carved, chunky, coarse, cold, corrugated, carved, chunky, coarse, cold, damp, distended, downy, dry, elastic, enamelled, engraved, etched, flat, feathery, flaky, fleecy, fluffy, foamy, frothy, furled, furry, gravelly, gritty, grainy, glossy, gooey, grooved, hard, hairy, icy, indented, knitted, knobbly, limp, malleable, matte, metallic, moist, mosaic, mushy, padded, patterned, pitted, plastic, pleated, pliable, pointed, polished, prickly, puffy, ribbed, ridged, rough, rubbery, runny, sandy, shaped, shiny, silky, sleek, slimy, slippery, smooth, smudged, soapy, soft, spongy, springy, stiff, stodgy, stubby, syrupy, tickly, tingly, tweedy, viscous, velvety, warm, wet wooden, woolly, woven.

Hand fidget toys, blanket wrap and massage with or without creams.

Arts & crafts are excellent tactile activities, explore paints, glitter glues, foamy soap/shaving cream, clay, sand, wood shavings, shredded paper, water, playdoh and different textured fabrics and material.

Bake! Make pizza dough, pastry, cake mix, batter mix, Explore dried foods such as lentils, pasta, pulses and rice.

Tip! if the individual is touch sensitive, s/he could wear lightweight gloves or explore via a paintbrush to create a barrier.

Movement & Propriception

Dancing, seesaw motion, rocking, walking, running, jumping, hopping, bunny hops. Floor push-ups, wall push-ups, jumping jacks, climbing stairs, playground equipment such as monkey bars, climbing ladders or a sliding down a slide.

Therapy balls, mini-trampoline, riding scooters, skateboards, tricycles, bicycles, roller skating.

Gardening, digging in sand, sweeping leaves, carrying light shopping, 'painting' fences using a paintbrush and water.

Stimulate the Auditory System

Stimulate the listener's auditory system by presenting a range of sounds familiar and unfamiliar at varying volumes and in different locations, e.g behind the listener's head so they can turn their head to locate the sound. Note the listeners preferences to calming/alerting music, grinding, hushed, monotonous, musical, intermittent, rhythmic, mellow or percussive.

Play musical instruments such as recorders, blow whistles and party blowers. Hum, whisper and use silly voices. Explore volume and use of headphones.

Listen to bubbles pop. Listen to the sounds of nature, the leaves rustling through the trees and the birds singing. Play listening games. (A quick search on the internet will give you access to limitless sound effects from helicopters to howler monkeys!) Play the sound effect and see if the listener can guess what the noise is. You can theme the sound games E.g 'Trip to the Rainforest', 'Transport', 'Animals' and so on!

Listening to meditation teaches calmness, and develops understanding of thoughts, feelings and emotions helping to build confidence. A quick online search will open a library of free meditations, suiting a range of audiences. Young children can visit secret treehouses, meet sleepy sloths or go on magic carpet rides. Teenagers can explore the cosmos, meet their spirit animal or enjoy a relaxing body scans.

Ideas to Stimulate the Visual System

Stimulate sight by experimenting with familiar, and providing new, visual experiences. Track and locate moving stimuli such as light from torches and watching the movement of spinning tops, fidget spinners, spinning hand held lights, bubbles or the wax in lava lamps.

Explore colour hues, shiny, bright, brilliant, cloudy, colourful, dark, dim, dull, flickering, fuzzy, gleaming, glistening, glowing, hazy, sparkly, shadowy, pale, rippling, shimmering, shiny, translucent.

Make your own projector by sticking a shape onto the end of a torch and projecting onto a wall, or by covering one end of a cardboard tube with cling film, sticking a shape or silhouette on the end then shine the torch through the open end.

Stimulate the Olfactory System

Our sense of smell is linked with memory and emotions. Exploring smells help individuals to understand the world around them.

There are an array of smells to explore: earthy, tangy, refreshing, floral, fruity, spicy, citrus, sweet, crisp, fresh, perfumed, clean, antiseptic, aromatic, bitter, burnt, comforting, damp, delicate, earthy, eggy, evocative, fishy, fresh, fragrant, floral, fruity, heady, musky, musty, refreshing, salty, savoury, sharp, smoky, soapy, sour, sweet and woody.

Explore natural items such as herbs and spices, fruit and vegetables and scented edible flowers such as rose petals and lavender. Explore artificial products such as essential oils, scented creams & soaps, diffusers, joss sticks, scented bags, soaps, pot pourri and unlit scented candles. Play 'Guess the smell games.' Liven art and craft activities by adding a few drops of essential oils, fresh herbs such as mint or lavender or dried spices to homemade playdoh.

Add essences to paints. You could theme by colour, E.g. Add strawberry or raspberry essence to red paint, vanilla or banana essence to yellow paint, peppermint essence to green paint and so on. Make a potion. Take a paint palette or cupcake baking tray and fill it with items that smell. You could theme them by colour E.g. A yellow themed potion may include grated lemon zest, yellow food colouring, sweetcorn, bananas, raw potato, edible flowers such as sunflowers and marigolds, spices like turmeric and cumin, yellow split peas and lentils. Provide a cup or jar for the potion to be mixed in along with egg spoons, teaspoons, a pair of tweezers or tongs to encourage fine motor skills. The potions could be friendship potions, Harry Potter spells...the imagination is the limit! *It is important never to force stimuli upon an individual. At any point if they are showing signs that they are not enjoying the experience stop immediately. **Be allergy aware!

What is a Multisensory Story?

A multisensory story immerses the listener by telling a story using words and sensory stimuli (story props), connecting the individual to literature, topic and culture in a way that is motivating and meaningful to their lives.

Who are Multisensory Stories For?

Multisensory stories are aimed at individuals with special educational needs and learning disabilities from curious preschoolers to teenagers with complex needs. The stories form an excellent base on which to scaffold learning providing opportunities for the individual to work towards their personal learning goals and targets. The stories are also suitable for dementia patients in residential settings. The story 'A Train Ride Through India' was originally written to help a support worker make a connection with her client who had spent her childhood in India.

Are Multisensory Stories Only for use in Educational Settings?

Absolutely not! The stories and poems are fully resourced, step by step guides, making them the perfect resource for Parents, Siblings, Guardians, Childminders, Early Years Educators, Teachers, HLTA's, TA's, Speech Therapists, Play Therapists, Support Workers, Activity Coordinators, Storytellers, Librarians and anyone with an interest in exploring storytelling through the senses in a fun and engaging way!

Why *Rhyming* Stories?

The combination of sensory stimuli, listening to the rhyme and rhythm and the repetitive structure of the stories, supports memory and aids learning, playing a crucial role in the development of early communication language skills; joint attention, eye-contact, turn-taking, anticipation and the learning of concepts.

What Are the Benefits of Multisensory Storytelling?

Storytelling builds a bond between the storyteller and the listener, enhancing well-being and enriching experiences. Exposure to sensory stimuli allows the listener to engage with new experiences to calm and alert the sensory system in a safe, therapeutic environment and use their senses to understand the world around them.

Can Multisensory Stories Build Communication Skills?

Multisensory stories are an excellent motivating tool for encouraging alternative communication systems, early communication skills, Makaton, sign language and to facilitate PECS exchanges. The stories build the confidence of learners with speech impediments and communication difficulties as they have a physical (story) prop to support the words they are saying.

Using Multisensory Stories to Inform on Needs & Care Plans

Observing reactions to a range of sensory stimuli enables you to build a picture of an individual's sensory preferences. This record of likes, dislikes, motivators and triggers can help parents, carers and teaching staff make informed choices to enhance daily life in areas such as diet, sensory needs, daily activities and leisure activities and is an invaluable tool to inform on the behaviour strategies and the writing of care plans. This bank of motivators can calm a person when anxious or stressed and will help identify any triggers. You may seek to avoid some triggers and to work on desensitising others that may be necessary e.g. teeth brushing, through repeated exposure to build tolerance. When used in a safe setting rhyming multi-sensory stories can be used to prepare the listener for visits out of their daily routine such as getting a haircut or the dentist.

How Do I Source My Props?

The stories and poems are fully resourced and with different options suggested for props. The props are all low budget items that can be found around the home, garden or classroom. You can also add your own props!
For more information on sourcing props click here

How Do I Tell a Multisensory Story?

The multisensory stories are written as easy to follow, step-by-step guides. Slowly and clearly read each sentence introducing the story prop as the corresponding appears. Click here for more information.

Rhyming Multisensory Stories

STORYTELLING THROUGH THE Senses

For more ideas & inspiration

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Facebook: https://www.facebook.com/storytellingthroughthesenses

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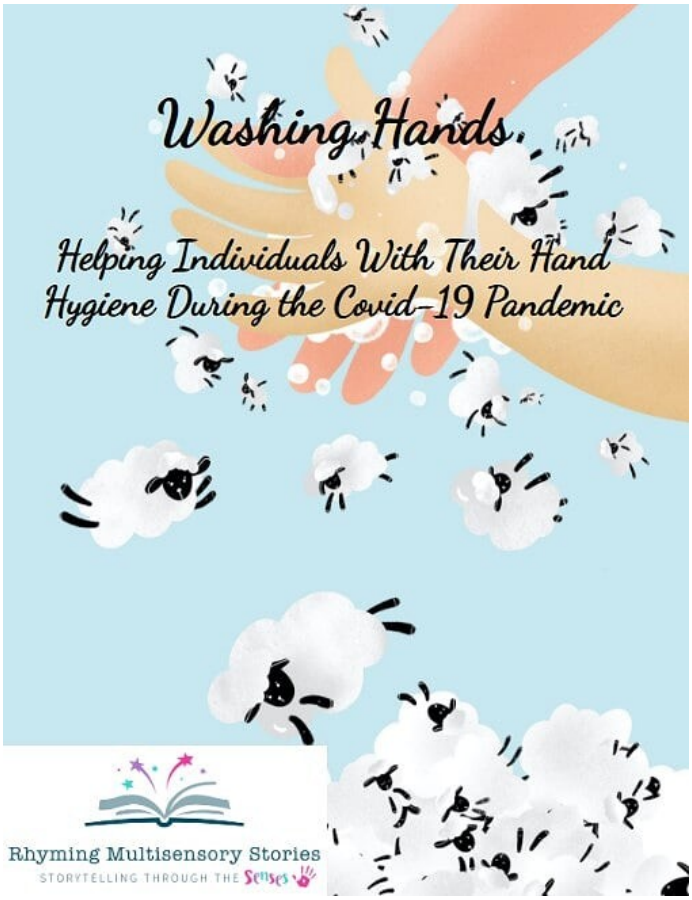
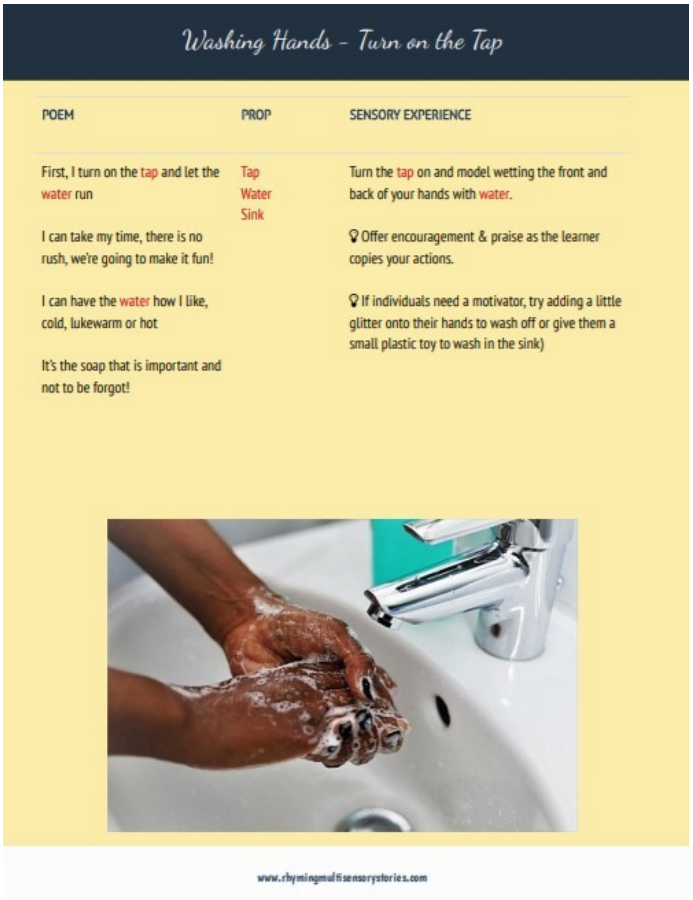
Learn more





Washing Hands - A Multisensory Poem

Click above for your FREE download!

Includes:

Washing Hands - A Fully Resourced, Step-by-Step Multisensory Poem

Visual Support

Sensory Themed Extension Activities (Glitter Germ Game, Soapy-Doh, Treasure Soap)