

## **SET 1 & SET 2**

**This work covers the SET curriculum areas with activities and ideas/online links to be completed at home.**

### **Communication**

<https://sensorystoriespodcast.com/special-stories/>

A website for sensory stories and reading – choose a sensory story and adapt resources to what you have around the house. Repeat the same story a couple of times a week and see if there is any anticipation for what comes next in the story.

### **Story Massage**

[https://www.youtube.com/results?search\\_query=story+massage+free+resources+](https://www.youtube.com/results?search_query=story+massage+free+resources+)

Please follow the link to see story massage videos with stories you can follow and join in with.

### **Objects of reference/Sensory Cues**

This may include introducing students to a certain aroma e.g. vanilla or coconut prior to having a bath/shower. This could be a favourite bubble bath presented to each time they go for a bath/shower. Repeat this every time the student has the same activity.

If the student is leaving the house use a certain texture/piece of material or coat given for them to feel prior to leaving the house. This is to be done every time they leave the house.

### **Problem Solving**

See the resource on Cognition and Problem Solving.

### **Creativity**

See the resource on Sensory Art

### **The World Around Us**

This subject should include students exploring different cultures including the sounds, smells, sights and tactile items associated with different cultures.

See the resource on The World Us.

## **Physical Health**

It is important that students have a change of position daily e.g. from a bed to a mat or from a chair to a bean bag or whatever you have available in the home.

Massage is a nice way to help the students to relax their bodies, with some sensory music

<https://www.youtube.com/watch?v=xir91dOrO64> this music is used in class so will be familiar to the students.

If students have Occupational Therapy referrals then they will have specific exercises you can work on with them at home to stretch their hands etc. This may also include Physical Management Plans from Physiotherapists as well as having splints on and off.

## **Developing Skills**

This area works on task development and skills such as holding, grasping, pushing, moving, squeezing etc. and is done using different items you may have around the house that will work on these skills, e.g. squeezing a sponge or malleable materials such as dough, play dough etc.

Please see attached resource sheet for examples.

## **Sensory Exploration**

This is meant to be an immersive experience and for the sense to be stimulated.

Please see attached resource on Sensology.

## **Recording activities and responses.**

Please see attached log for you to print (if you can) and record responses. This could also be completed in home/school diaries or simply on a piece of paper. You can add photo to if you have the resources to do this and put comments on the back of the photos.

## **Online links**

See also the attached resource giving online links to different websites for activities.