

Activity

Sensology Workout Session

Aims of the session:

- To awaken the senses
- To make choices and decisions and begin to develop preference
- To begin to gain an understanding of the world around them.

Introduction:

Sing learning song- it's time for learning (tune of if you're happy and you know it) as a cue that something our session is about to begin. Before each individual sense sing the body song for the corresponding sense.

Possible activities

Vision: *These are my eyes*

Indicate where the eyes are- Look!
Exploring a range of visual stimuli
Handheld disco light
Finger light
Light windmill
Fibre optic
Light Orb
UV lights/ paint
Black & White umbrella
Neon Umbrella

Sound: *These are my ears*

Wrist bells
Drums (varying loud to quiet)
Shakers
Triangle

Touch: *This is my body*

Contrasting/different textures e.g.
- Feathers vs net
- Pine cones vs conkers
- Vecdro vs Bubble wrap
- Gak vs spikey drier balls
- AstroTurf vs slippery soap
-Car chamois (damp) vs shower scrunchies
- Sequins vs cotton wool
Shredded paper vs bead chains
- sand paper vs jelly cube
- ice cubes vs warmed baked beans

Smell: *This is my nose*

Cotton wool scent pots/ spray / scented moisturiser-
Orange vs Peppermint
Lavender vs bergamot
Lemon vs marzipan

Taste: *This is my mouth*

Lemon vs chocolate sauce
Honey vs soy sauce
Ice cream vs warmed custard

Teaching Points

- Activity is best suited to a minimalist environment to avoid distractions and enhance learning opportunities
- Be with the pupils as they explore their senses and respond to them rather than "showing" them how to play. Offer encouragement, and interact with them when they show that they want you to join in.
- Follow the child's lead and copy their explorations, vocalisations etc. to foster communication through intensive interaction.

Conclusion:

At the end of the session encourage pupils to help pick up and tidy away the objects (where appropriate).

Resources/Additional Information

As listed above
Recording sheets

Observations record

Date:	Pupil Name:	Staff initials:
Area	What happened? What happened / what didn't happen & why?	Next actions What will I do next time and why?
Touch		
Vision		
Taste		
Smell		
Sound		