

## Sensory Stories

Sensory stimulation is vital for everyone's physical and mental well being.

Sensory stories partner concise text with rich sensory experience to convey a narrative

Sensory stories have been used with individuals with profound and multiple learning disabilities, dementia, autism and sensory processing difficulties,. They have been used with babies and children in the early years, and with adults in their later years, they have been used in schools, care settings, heritage settings and homes, by specialist practitioners and by absolute beginners. They truly are for everyone.



Simple sensory resources are easy to find.

### Guides

Guides like this one, on a range of topics, are available to download for free from [www.TheSensoryProjects.co.uk](http://www.TheSensoryProjects.co.uk) follow links to the Sensory Story page and scroll to the bottom for the guides.

**The Sensory Projects** run on the principle that with the right knowledge and a little creativity inexpensive items can become effective tools for sensory inclusion.

Through the work of all the Projects founder **Joanna Grace** is seeking to contribute to a future where people are understood in spite of their differences.

To learn more about the projects, and to access free resources and information about bespoke sensory training visit

[www.TheSensoryProjects.co.uk](http://www.TheSensoryProjects.co.uk)

Joanna's books: **Sensory Stories for Children and Teens** and **Sensory-being for Sensory Beings** are available on amazon, with more titles due for publication in 2018.



The Sensory Projects

Joanna Grace

[www.TheSensoryProjects.co.uk](http://www.TheSensoryProjects.co.uk)

How do I share  
a sensory  
story?



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# Tips for sharing sensory stories effectively

## Be prepared

A sensory story will be resourced with a number of sensory stimuli. Lay these out somewhere where you will be able to reach them easily as you tell the story. Position the story card somewhere where you will be able to read it whilst delivering the stimuli. Check everything is ready to be used.



## Be consistent

*This is especially important when sharing a story with Sensory Beings (See the guide [Linguistic Beings and Sensory Beings](#) for a definition of this term)*

Try to stick to the words of the story and deliver the stimuli in the same way each time.

Words:

Some story experiencers may find it hard to concentrate on the experiences if they are simultaneously being chatted too about those experiences.

Experience:

Think about how you will facilitate the experiences, e.g. Is a touch experience going to be against the story experiencer's hand or face? Is a sound stimulus going to be played once or multiple times?

## Be observant

Be alert to responses to the story, these may change subtly over time. Keeping a note of responses is a good way of tracking them. Many people find filming sensory story sharing sessions to be illuminating. When you are able to wholly focus on observing you learn about yourself and about the person with whom you are sharing the story.

Examples of things you may notice:

- Flinching
- Changing facial expressions
- Changes in the body: small movements, muscles tensing or relaxing, movements increasing or decreasing.
- Vocalisations

For more information about what you might see when sharing a sensory story download the guide:

### **What to look for when sharing a sensory story.**

Noting down responses as they occur will support you in noticing change over the long term. This will help you to:

- Recognise when someone is anticipating what happens next in a story.
- Notice if a particular stimuli is being adjusted to.
- Identify sensory preferences, which can then be used to inform the personalization of care for your story experiencer.

For ideas about record keeping download the guide:

### **Recording sensory adventures.**

## Know the person you are sharing the story with.

Understanding the sensory preferences and abilities of the person with whom you are sharing a sensory story will enable you to pitch the story in the best way for your story experiencer.

## Tell it again!

*This is especially important when sharing a story with Sensory Beings*

Sensory stimulation is important in its own right, so even if you just tell a sensory story once you are doing a worthwhile thing.

By repeating sensory stories you can promote: cognitive development; anticipation; understanding, communication; the expression of preferences and so much more. To learn more about using sensory stories to support development, communication, understanding and mental well being come on a **Sensory Projects Training Day**, or have a bespoke day created for your setting. See reverse for details.

Do not be scared of repetition. Sensory stories should be a pleasurable experience for tellers and experiencers alike. Enjoy sharing them again and again.

The Sensory Projects has an ever increasing range of Sensory Stories that you can purchase via paypal from the website [www.TheSensoryProjects.co.uk](http://www.TheSensoryProjects.co.uk) but if you can write your own, they will be more fun!