

## 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)

## What is a sensory story?



@Jo3Grace

Publication dated/updated 15/10/17



# What is a sensory story?

## What is a sensory story?

A sensory story consists of **concise text**, typically under ten sentences. Each section of the text is be partnered with a rich **sensory experience** . Through the course of a Sensory Projects sensory story you can expect to have seven sensory systems stimulated. There is no limit to what the stories can be about or who their audience can be.

We tend to think of stories as being word based and therefore inaccessible to individuals who do not use words, but happily this is not the case. **The essence of a story is not words, it is sequence::** beginning, middle and end. Stories are about far more than entertainment, they permeate our lives and are the foundations of our friendships and identities. Sharing stories in a sensory way allows more people to reap their benefits..

For more information about what we gain through sharing in stories download

## Who are sensory stories for?

### Everyone

Most people lead sensorially rich lives . However things like: physical disability, mental ill health or living in a restricted environment, can all affect the availability of sensory stimulation to an individual.

Some people will need increased opportunities to access stimulation to fuel their cognitive development and some people will have that development interrupted or restarted by a traumatic event. For all of these people sensory stimulation is especially important and sensory stories provide an easy way of facilitating sensory experiences. The natural structure provided by the story brings extra gifts. To learn about these come on a **Sensory Projects training day** or download the guide:

### Why share sensory experience through a story?

### Linguistic Beings\*

We all benefit from and enjoy sensory experience. Sensory stories can be about any topic and are accessible to anyone, so they truly are for everyone.

\*For definitions of the terms Linguistic Beings and Sensory Beings please download **Linguistic Beings and Sensory Beings** or read **Sensory-being for Sensory Beings** published by Routledge.

### Sensory Beings\*

### E.g. Individuals with Profound and Multiple Learning Disabilities.

By sharing sensory stories in a consistent and considered manner with an individual with profound and multiple learning disabilities you can open up communication, enable the expression of preferences and the personalization of care, create connections, build community and support their mental well being.

Sensory stories also hold particular benefits for

### Sensory Beings with :

Autism

Dementia

Sensory Processing

Disorder

Learning Disabilities

Sensory impairments

Brain injury

and:

Babies

Children in the

Early Years

