

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 follow links to the Sensory Story page and scroll to the bottom for the guides.

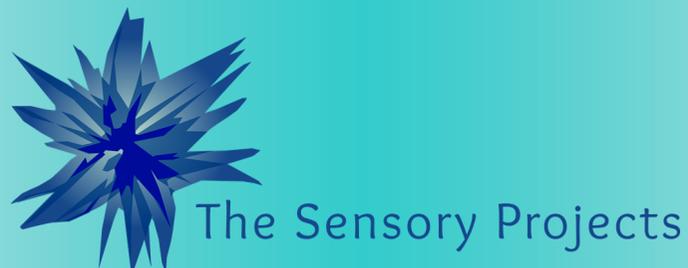
The Sensory Projects run on the principle that with the right knowledge and a little creativity inexpensive items can become effective tools for sensory inclusion.

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

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.



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What makes great for a great sensory experience?



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Finding great sensory stimuli

What makes for great stimuli?

The greatness of a sensory experience is dependent on *who* it is for and *what* it is for. Personally I find a well known brand of yeast extract to be a fabulous taste experience; not everyone agrees with me. If I was looking for a taste experience to represent Goldilock's porridge, however wonderful I feel said yeast extract to be, it would not be the right experience for the job.

Find experiences that really set your senses going, that draw their attention and fill them. Find experiences that are fit for purpose.

Be alert

In the modern world it is easy to become sensorially unaware. We tend to only pay attention to a sensory experience until we have identified it, e.g. we hear a sound, and once we've worked out it is a bird calling we stop listening. By continuing to pay attention to experience past the point of identification, by re-tuning in to how things sound feel, smell, taste and appear, we become more alert to what makes for a great sensory stimulus. This has the added bonus of being good for our personal mental well being.

Explore

Begin to think with all your senses as you shop. Explore the world with your senses. You may find some great sensory experiences in some unusual places.

Think about *who* it is for:

If you are looking for sensory experiences for a particular individual try to build up an awareness of what they like and dislike, and what they might benefit from more exposure to. Also try to be aware of how they experience things, simple things like knowing whether their hearing is better on their left or their right, or whether they usually eat with a fork or a spoon will all help you to deliver experiences that are great for them.

Consider:

Strength Strong experiences, e.g. high contrasting colours, sharp flavours, loud noises, may be easier for some story experiences to access, e.g. story experiences with profound disabilities, sensory impairments, or story experiences in later age as our senses can dull with age.

Personal relevance Sensory experience that have personal relevance to the story experiencer with whom you will be sharing the story may be particularly powerful. If you are creating a story for someone with dementia think about the sensory experiences they would have had in their early twenties.

A taste of sea water before facing the surf?



Be safe

Be aware of allergies and sensitivities, and be ready to adapt accordingly.

Consider your sensory lexiconary

All of our senses have a development. There are experiences we can respond to first, and those we respond to later on. People with degenerative conditions often go through this development in reverse. Knowing where someone is in their sensory development can help you to pick the perfect experience for them. The Sensory Projects training day

Develop your sensory lexiconary

is all about the development of the senses.

A few greats from the five famous senses to get you started:

Taste—Pineapple juice gets all your taste buds going.

Smell—Seal something smelly into a plastic tub, when you open the tub all the air inside will smell too.

Touch—Fill a large container with rice; push your hand into it.

Sight—Look through a piece of coloured cellophane .

Sound—Put a handful of metal bits and bobs, into a glass jar and turn it over for the sound of something smashing in an accident.

You have more than five senses see the guide **The Sensory Projects Seven Senses** for information on more than seven sensory systems.

