

Sensory Engagement and the development of early cognition.

In the early stages of development sensory stimulation is critical to the wiring of the brain.

Early sensory experiences trigger the creation of neural pathways in the mind.

The more pathways created during this early stage of development the greater the potential for the brain in the future.



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.



The Sensory Projects

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Soundscaping for auditory development



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Publication dated/updated 21/01/18

Soundscaping for auditory development

Play with sound

We often reach for visual and tactile resources to support people with their development but sound stimuli get neglected. Of course we sing, clap and talk and these things are vital and wonderful as we have explored in other guides, but sound itself is great to play with.

Consider your soundscape

Spend a bit of time noticing what sounds are around the person you support in their environment. What do they hear? Make a note of the ones you notice and see if you can group them into types of sound. For example metal jangly sounds, spoken word sounds, music and song, rustling sounds—how many categories can you come up with.



Can they contribute to their soundscape?

Now look at the sounds the person you support has the capacity to create, either through their movements, technology or by using their voice. Are they able to contribute in some way to each aspect of the soundscape they live in?

If you spot an area where they cannot currently contribute can you find a way of enabling them to? Think about using a Big Mac or a Talking Tin Lid to record a sound on and placing it somewhere that they are able to operate it, so that in pressing the button they generate the sound. Look at finding ways of attaching simple instruments to parts of their body that they are able to move, for example wearing bells on an anklet to enable them to join in with jangly metal sounds. Consider apps such as Color Band or Dity that enable you to play with sound together.

Sound in the brain

Different types of sound are processed in different areas of the brain so by providing different forms of sound stimulation you activate and exercise different parts of the brain.

Things to remember

Silence is a type of sound.

Sounds request response, respond to their sounds.

Can you extend and add to the soundscape together?

Are there any types of sound missing from your soundscape? Can you source resources to enable you to create new sounds, these could be extraordinary instruments such as a thunder tube or they could be improvised instruments such as a load of plastic bottle lids threaded on a string and secured to a stick.

Be on the listen-out together in your adventures for new types of sound, forage for new auditory experiences and bring them home to play with.

Create bespoke soundscapes

As a creative endeavour consider ways to create soundscapes to support other activities, for example creating a sound environment to match meditation, an emotion, exercise, or a particular story.

