

Garden of Evan Sensory Story

Every child's likes and needs are different. The following is only a guide.

For this sensory story you will need the following (or similar alternatives). Make your own sensory journey and gather these items or something similar from around your home, garden, or in the park!

You can download this Sensory Story Chart from our website at www.gardenofevan.org.uk/sensory-story-book

Page	Text	Which senses to activate and what to use	Action
9	When the world gets too fast and you need it to slow	Begin your sensory journey with the sense of TOUCH	Quickly flutter your finger-tips up and down your child's arms, then slow it down by moving your hands gently and slowly up and down their arms instead.
11	A place where the long grass tickles your feet	Let your child feel tickled by using long blades of grass or wheat or barley. Find a feather duster or a fluffy make-up brush. Anything that can be used to tickle!	Tickle your child's feet with all!
13	And smells make your nose wiggle, tingle and sweat	Invigorate your child's sense of SMELL with some aromatic herbs and spices. Star anise, cloves and cinnamon are favourites! Or go hunting for pine cones!!	Hold them under their nose and let them smell the unusual. Let them hold them in their hands and feel the unusual shapes!
15	Where closing your eyes means that you can see	No need for equipment for this one - just use your hands to highlight your child's sense of SIGHT and PROPRIOCEPTIVE sense too!	Gently place your hands over the child's eyes. You can break gently from the story at this point and ask them to think about what they might see in their own imaginary garden. If you like, you can end this section with a quick game of peekaboo!!