

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!

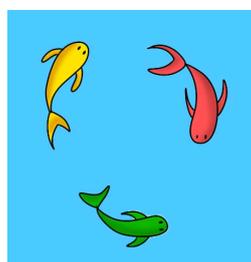
Page	Text	Which senses to activate and what to use	Action
9	When the world gets too fast and you need it to slow	Begin your sensory journey with the sense of TOUCH!	Quickly flutter your fingertips up and down your child's arms, then slow it down by moving your hands gently and slowly up and down their 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 it!!!
13	And smells make your nose wiggle, spicy and sweet	Invigorate your child's sense of SMELL with some aromatic herbs and spices. Star anise, cloves and cinnamon are Charlies favourites! Or go hunting for pine cones!!!	Hold them under their nose and let them smell the aromas! 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 away 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!!!

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19	There are tall plants which <i>swish</i> and <i>sway</i> in the breeze	TOUCH and SOUND both come into play here and no equipment is needed! Can you feel the VESTIBULAR sense at play?	Give your child a big cuddle from behind, hold them and gently rock them side to side, making swishing noises into their ear! The vestibular sense lets you know when you're ever so slightly off balance!!!
21	All shades of colour in the leaves of the trees	Go outside and forage for leaves. SIGHT and TOUCH come into play here, and depending on how crunchy the leaves are, SOUND might even play a role too!	Drop leaves from high above your child's head and let them watch as they fall down. Let the child hold them in their hand and explore each one together. Can you feel the leaves fluttering without touching? That's the proprioceptive sense!!!
23	Ponds for dipping	Use a bowl or basin of cool or lukewarm water for a different type of TOUCH and SIGHT experience. The next three actions will involve this water experience too!	Guide your child's fingers into the water and let them wiggle their fingers in it.
23	Stones for skipping	Find some large pebbles in the garden, park, or at the beach!	Let the child feel the dry pebbles, exploring their shape, size and any ridges they have. Then place into the water carefully. Let the child move them around in the water. Do they look different when wet?
23	Gravel for twirling	Find some smaller stones and gravel or as an alternative you could use uncooked rice!	Sprinkle smaller stones carefully into the water and let the child move them around amongst the larger pebbles.

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23	Bark for swirling	Find tree bark or tiny twigs outside. You could even try using pencil sharpenings!	Drop the pieces into the water and see if they float! Swirl them around with the stones and the pebbles too. Since this is the last of the water items, you could spend some time removing some of the pieces from the water and examining them to see how they've changed!
25	Purple smelling flowers	Fresh or dried lavender is perfect for this. You could also use a nice smelly bar of soap, a fresh flower, or something equally fragrant to focus on your child's sense of SMELL!	Mmmmmmm..... place it under your child's nose for a smell sensation!
25	Cotton candy blossom	Back to the sense of TOUCH, use cotton wool balls or a nice soft pair of socks to create this.	Let your child feel the cotton balls in their hand. Take one ball and tickle their cheeks with it!
25	And snowdrop embraces	More TOUCH here and in a big way! No sensory equipment needed!	Take your hand and use it to cup top of child's head, then gently bring hand down over child's face, wriggling fingers softly over skin. Move hand across shoulder, down one arm then back up same arm, down body, down leg, to feet, then do the same on the child's other side but in reverse (feet, legs, body, arms, shoulder, head). Finish with a big hug.

Page	Text	Which senses to activate and what to use	Action
27	This is a place Where we can go When the world gets too fast And we need it to slow	As the story comes into the final phase, the very first action is repeated, for another sense of TOUCH!	Quickly flutter your fingertips up and down your child's arms, then slow it down by moving your hands gently and slowly up and down their arms instead.
29	It sounds like...	Here comes a SOUND experience....	Blow close to your child's ear to make wind noises!
29	Tastes a bit like ...	Find a tasty treat for your child. Perhaps a small piece of chocolate , some apple puree or some fruity yogurt! Choose something delicious as it's the ONLY time their sense of TASTE will be worked!	Let the child eat the treat. If your child is not able to chew or swallow, perhaps take a little bit of puree or yogurt and use your fingers to run it gently inside their mouth.
29	It might even... at first sight... feel like a rain and sunshine hug might	Find a small water bottle or even a water pistol. Make sure it has water in it before you start! Take a colourful scarf or tie and explore it using the senses of TOUCH and SIGHT .	Gently spray until a fine mist of water comes out – where does it land? Throw the colourful scarf up in the air and see how it lands. Hold it to your child's eyes – can you see through any of its colours? Which ones??
29	In our sensory heaven... Our very special Garden of Evan!	A final sense of TOUCH and it's a great one.....	End your journey through the Garden of Evan with a massive HUG!!!!!!!!!!

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