

Ideas for Sensory Resources for Personalised Sensory Stories.

Resources do not need to be fancy or specialist. Using things around you and noises you can make, a story about them and their favourite things suddenly becomes even more interesting!

Activity or object	Sensory resource for story
Going for a walk	Make footstep sounds
Animal – pets, animals you see,	Furry/fleecy fabric/ feather as appropriate to represent the animal Animal sounds (imitation is fine!)
Water – puddles, sea, rain, lake, a spillage	Water spray/ small bowl of water Blue fabric Tinfoil or cling film
Beach	Sand and shells collected at the beach
Woods/ forest	Scrunchy paper for crunchy autumn leaves “squelch” sounds for sticky mud
Park/ field	Green carpet/ fabric/ astroturf Swishing grass
Cafe	Cups, cutlery rattling Hot chocolate
Transport	Plane/ car/ train object Noise (either recorded or imitation)
Wind	Electric fan, wafting paper, blowing air, material to waft
Sun	Shimmering fabric, torch light, bright yellow ball
Reactions	‘Oh no!’ ‘Uh oh!’ ‘mmmmm’ ‘yay’ ‘yippee’ ‘urgh’ ‘ooooh’ ‘wheee’

