

Autumn Walk in the woods - Sensory Story

Guide only: This resource is designed for pupils working below Level 1 of the National Curriculum, but it can be adapted for a wide range of abilities and enjoyed by anyone. Please adapt to suit your pupils' needs.

Story Text and Example Sensory Pairings

1. The leaves crunch under our feet.

- Scatter crisp autumn leaves or cornflakes on a tray for children to scrunch.
- Smooth Talker refrain: “Crunch crunch, autumn leaves”.

2. A cool wind brushes our faces.

- Use a fan controlled via a SimplyWorks Energise mains appliance controller and a switch.

3. The trees glow with red and gold.

- Shine coloured lights or use the switch again with lights and a Simply Works Energise.

4. A squirrel scurries to hide a nut.

- Pass round a small bag of acorns or conkers to feel and smell.

5. We hear the caw of crows above.

- Trigger bird sounds from an iPad or Smoothie switch.

6. The smell of damp earth rises from the ground.

- Pot of soil to smell and touch.

7. We find a shiny conker in its spiky case.

- Compare smooth conkers and spiky shells.

8. A sudden rain shower patters down.

- Spray a fine water mist across pupils' hands.

9. We pull on our warm scarves.

- Pass soft fabrics (wool, fleece) around for tactile comfort.

10. The sun peeks out, and a rainbow arcs across the sky.

- Use a prism, coloured cellophane, or projector for rainbow colours.

Notes for Teachers

- Use the 20-cell grid to model core words (more, stop, again, leaf, wind, rain).
- Smooth Talker can be used for refrains or choices.
- Switches (red/green) can be assigned to specific effects to build cause-and-effect skills.
- Adapt stimuli for sensory sensitivities and check for allergies.
- Remember: rejection is valid communication – pupils should be free to opt out.