

**@ HOME
SERIES**

**SENSORY
SEARCH
@HOME**

An easy to follow booklet focusing on learners using sensory skills and sensory objects around their home and community.

INSTRUCTIONS

Work through this booklet about using **Sensory@Home**. Here are some options ...

You could: -

- Read and write your own answers
- Have a task read out to you
- Have someone else write your answers down
- Complete the tasks digitally by filling in answers using a .pdf writer

Remember: -

- “@Home” is a modern way of saying “at Home”
- Ask for help if/when you need to
- Use support like the internet, books or someone else when you need to
- Work with someone if it helps and ENJOY each task!

** These tasks are suitable for learners working about L1-2+ of the curriculum.*

*** Any tasks that have an element of risk should be supervised by a responsible adult*

SENSORY SEARCH @ HOME

Task 1: Move around the room you are in and circle/tick any of the following you can find. If you are unsure what something is ... ask someone.

Something soft	Something warm	Something shiny
Something cold	Something hard	Something rough
Something smooth	Something wet	Something fluffy

Task 2: Look at the pictures below and talk about each texture (or find your own objects with different textures). Pick TWO.



Do you think it would be: -

soft	warm	shiny
cold	hard	rough
smooth	wet	fluffy

Task 3: Find THREE objects that use material @Home?

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Look carefully at each one. Discuss with someone what is the same and what is different for the three materials.

Task 4: **** It may be useful for someone to read out the following.**

Select an object that is nearby you that you can see clearly.

My object is:

→ Look carefully at that object for 1min. Look at the:

- Shape
- Colour
- Features on it

→ Imagine it being used and picture this in your head. Think about:

- Who is using it?
- What are they doing?
- Is there anything with or around it?
- What do they do with it at the end?

→ Now describe your object to someone else. Just focus on the object and what it looks like, is used for and who would use it.

→ Draw or take a photo of your object and put below:



Task 5: Use a broom or hand brush to sweep, rake or scrub. You could do this action with leaves, sand, dirt, gravel, on floors, on clothes, on furniture.

Try to go: -

- Forwards
- Backwards
- Diagonal
- In a circle
- Random directions



Task 6: Go outside and dig some holes for plants or do some weeding in soil. You could dig holes with a tool, or with your hands. Try to let the soil go through your hands (remember to wash them afterwards) so you can feel it.

→ If you can't dig some holes outside, fill a bowl up with some flour and let it go through your fingers.

** Think about the feeling of something on your hands. Was it: -

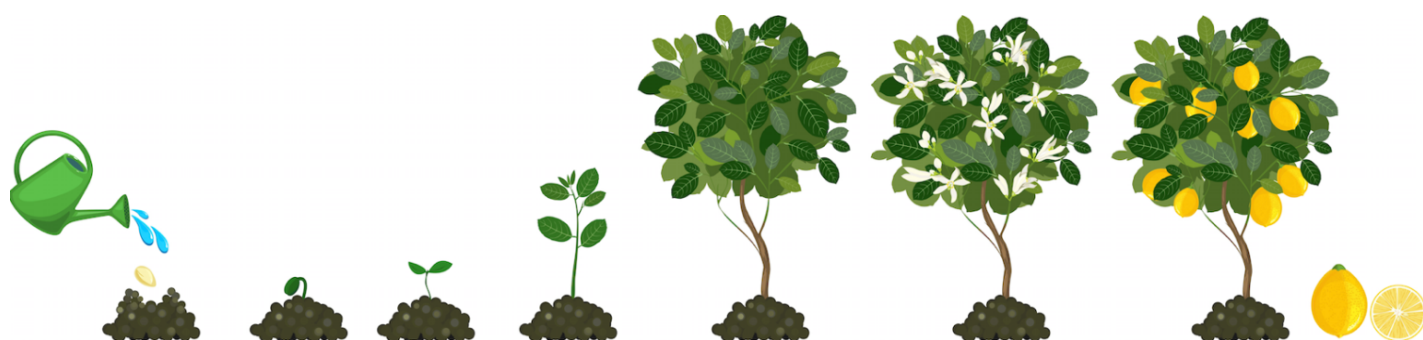
cold	warm	wet
sticky	dry	Hard
rough	sharp	soothing

→ You could also help make scones or bread and mix the ingredients and then knead the dough. Make it by following a recipe or helping someone who knows how to make it.

Task 7: Act out what you think it would feel like to be planted in the ground and to grow up big and healthy.

You could look up gardening video clips or talk to someone about trees/plants growing.

Think about how you would use your arms, fingers, legs, main body, face to show a plant growing.



Task 8: Walk over some different surfaces @Home. Circle THREE surfaces from below you can walk on @Home or in the local area you can go to.

grass	sand	carpet
soil	wooden floor	tiles
sand	gravel	other

1. Walk on them wearing shoes.
2. Walk on them wearing socks or bare feet.
3. Think about and discuss how each one felt to walk on.

Task 9: Sit outside @Home on a step, fence, chair, table and swing your legs. While you are swinging your legs, look around at what you can see.

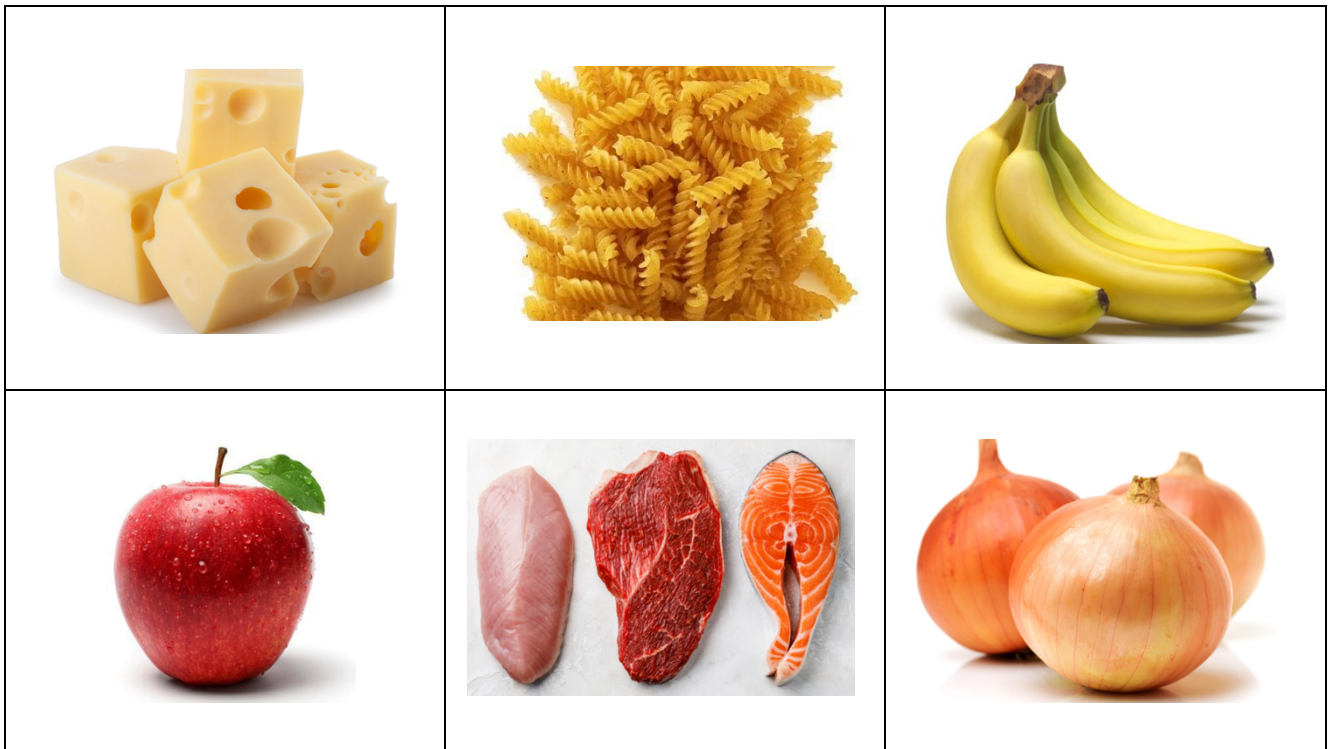
Now go inside @Home and find a chair, sofa, table and while swinging your legs, describe what you could see OUTSIDE.



Task 10: Think about hard and soft food you have @Home.

Hard food could be	→	
Soft food could be	→	

Task 11: Beside each food below, put a H for Hard or an S for Soft when it is raw (before it is cooked).



Task 12: Use a knife carefully (if you are allowed to) and cut up some vegetables or fruit. You could cut them LARGE, or small, in shapes, sticks etc.

- You could even make them into fruit or vege kebabs to eat!
- You could put your food in order of soft to crunchy.



Task 12: Create a “mystery box” and put in FIVE objects. Your FIVE objects should be different shape, size, texture. You could put ripped up newspaper or sand in the bottom of your box. Make sure your box has a lid on it.

Cut a hole in the lid or on the sides of your “mystery box” and feel your objects “in the dark”. Put different objects in or swap your box with someone else.



Task 13: **Homemade jigsaw puzzle.**

1. Find a picture you like from a magazine, catalogue or print out.
2. Cut or rip it up into big pieces.
3. Put all the pieces into a box or envelope.
4. Empty your “puzzle” onto a table and put the pieces together.
5. You could swap your envelope with someone else.

OR

Homemade message puzzle.

1. Write a message on paper (you could use different colours).
2. Rip up the paper message into large pieces and put in envelope.
3. Empty your “puzzle” onto a table and put the pieces together by matching words/colours
4. You could swap your message with someone else.

Thinking about and using our senses can help settle us and keep us calm or aware of what is around us. Each sense makes us think about different things.






Task 15: Below each picture below, write or say what sense it is. If you are unsure, you can choose from smell, see, touch, hear, taste!



↓ ↓ ↓ ↓ ↓

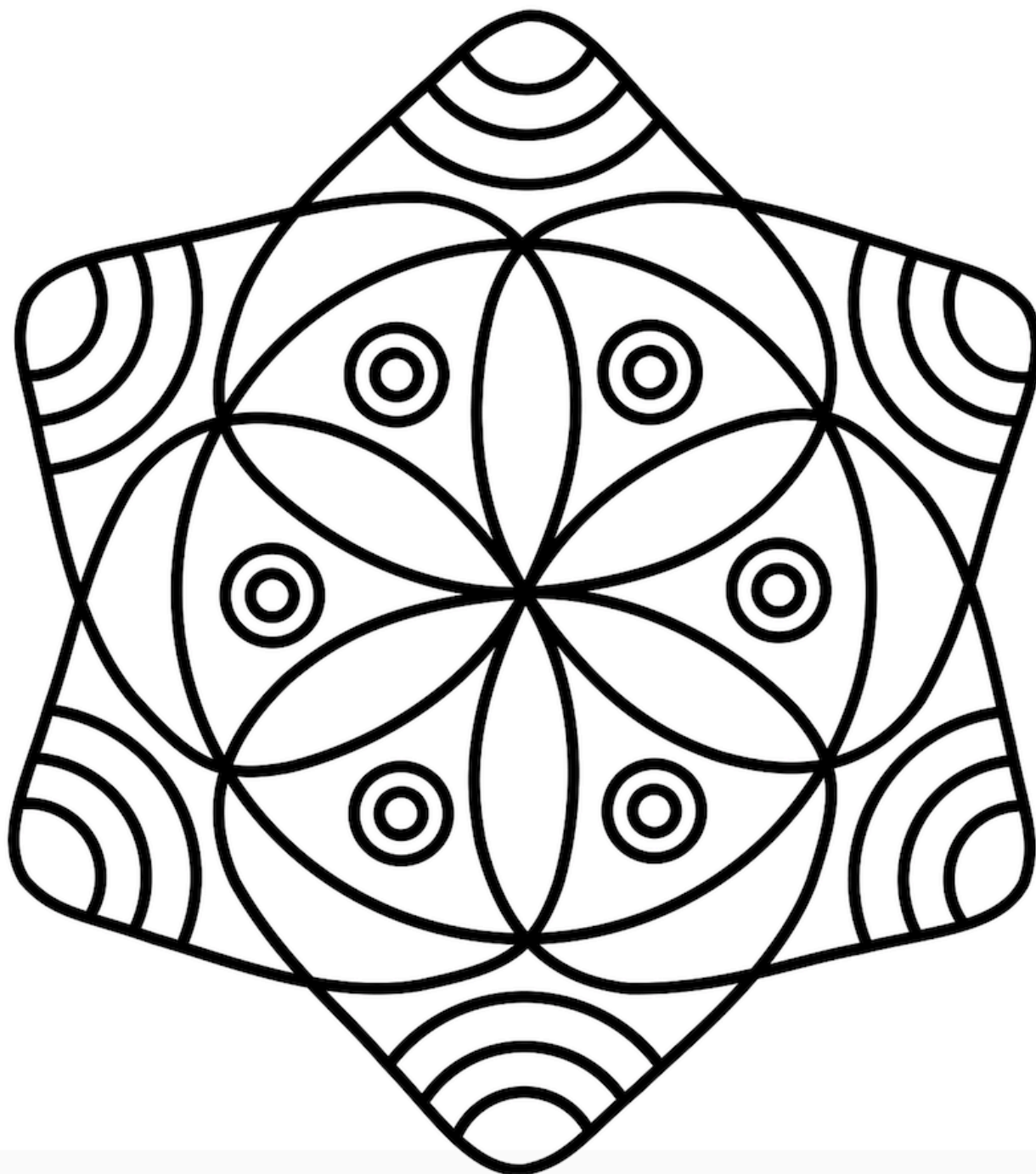
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Task 16: In the room you are in, use your senses and answer these questions. You can choose to write the answer, tell someone, or just do it by yourself.

	What are FIVE things you can see?	
	What are FOUR things you could touch?	
	What are THREE things you can hear?	
	What are TWO things you can smell?	
	What is ONE thing you could taste?	

Focusing on one task or object is a useful way to slow our minds down. Doing a simple colouring exercise calmly in a quiet space is one way to help us focus on our senses.

Task 17: Using the picture below (or find your own from books or the Internet) spend some time either by yourself or with someone quietly colouring in the images how you want to. You may find you want to enjoy some music or quietly chat at the same time.



LEARNING CHECKLIST

Well done on completing the **Sensory Search@Home** workbooklet.

Sensory skills @Home	Could do this	May need some work
Could identify different objects @home		
Could feel different textures		
Could do calming activities		
Could do motor activities		
Could use visual clues		
Could use tactile skills with objects		
Could use a range of senses using objects		
Comments:		

If you liked the tasks in this **SensorySearch@Home** booklet, there are FOUR other booklets in the @Home series to also complete! Head over to the www.supportedlearning.com website and look under the workbooklets tab to view the @ home series.



There are also plenty of other SLR workbooklets & assessments to support learners!