

Sensory Stories

Sensory stimulation is vital for everyone.

Sensory stories convey narrative through experience & through words.

Sensory stories are for anyone, of any age, and any ability.

Sensory stories have been used with individuals with profound and multiple learning disabilities, dementia, autism and sensory processing difficulties, they've been used with babies and children in the early years, and with adults in their later years, they've been used in schools, care settings, heritage settings and homes, by specialist practitioners and by absolute beginners. They truly are for everyone.



Simple sensory resources are easy to find.

Guides

Guides like this one, on a range of related topics, are available to download for free from :

<http://jo.element42.org/sensory-stories>

The Sensory Project

The Sensory Project believes that with a little know how and creativity inexpensive sensory resources can become effective tools for including everyone.

Sensory Stories from The Sensory Project

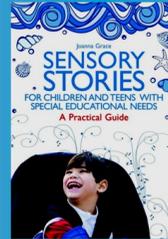
are available to buy from

<http://jo.element42.org/sensory-stories>

Stories come with advice on how to resource them, and extra ideas and information to support further engagement . A basic guide to sharing sensory stories is available to download for free.

Sensory Stories for Children and Teens

is available on Amazon (and in all good bookshops).



Sensory Project Training

The Sensory Project can create a bespoke training package for your setting. You can also access training from the Sensory Project at a variety of events nationwide, for details please see <http://jo.element42.org/training>

Connect with The Sensory Project

<http://jo.element42.org>

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What is a sensory story?





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A sensory story is a narrative conveyed through words and through sensory experience. Someone listening to a sensory story can access it through the words alone, through the experience alone or through a combination of both. No one medium is dominant.

A sensory story will have **concise text**, typically under ten sentences.

A sensory story will have a range of interesting **sensory experiences**.

There is no limit to what the stories can be about or who their audience can be. A sensory story could be created for any section of a library. The Sensory Project has a range of stories, to view them visit <http://jo.element42.org/sensory-stories>

There is a tendency to think of stories as being fundamentally based in words and therefore inaccessible to individuals who do not use words, but happily this is not the case. **The essence of a story is not words, it is sequence:** beginning, middle and end. Many of our most important experiences in life are things we find difficult to put into words. What better description for experience than experience itself?

Sensory stories enable everyone to access stories.

For more information about what we gain through sharing in stories download the guide:

Why share sensory experience through a story?

Who are sensory stories for?

Everyone:

We all benefit from and enjoy sensory experience. Sensory stories can be about any topic and are accessible to anyone, so they truly are for everyone.

Individuals with Profound and Multiple Learning Disabilities.

By sharing sensory stories in a consistent and considered manner with an individual with profound and multiple learning disabilities sensory stories can be a part of opening up communication, enabling the expression of preferences and the personalization of care, creating connections and building community. **For more information about using Sensory Stories to support individuals with PMLD come to a Sensory Project Training Day or have a day created for your setting.** Details on reverse.

Sensory stories also hold particular benefits for **individuals with :**

- Autism**
 - Dementia**
 - Sensory Processing Disorder**
 - Learning Disabilities**
 - Sensory impairments**
 - Brain injury**
- and:
- Babies**
 - Children in the Early Years**
 - Adults in later age**

For more information on using Sensory Stories to support different individuals come on a Sensory Project Training Day or have day created for your setting. Details on reverse.

Why is sensory stimulation important?

Sensory stimulation is essential for early cognitive development. Sensory stimulation is also essential for the maintenance of our faculties throughout life.

Most people lead sensorially rich lives and access the stimulation they need for the development of their brains in early childhood and continue to access it throughout life keeping their minds alert and active. However things like: physical disability, mental ill health and living in a restricted environment, can all mean that for some people sensory stimulation is not as plentiful as it is for the rest of us. Other people will need more opportunities to access stimulation to fuel their cognitive development and some people will have that development interrupted or restarted by a traumatic event. For all of these people sensory stimulation is especially important and sensory stories provide an easy way of facilitating sensory experiences. The natural structure provided by the story brings extra gifts. To learn about these download the guide:

Why share sensory experience through a story?

Or come on a **Sensory Project Training Day.**

Sensory stimulation enriches life for everyone and sensory stories are a beautifully simple way of facilitating that stimulation.

