

Sensory Stories

We like to tell stories to each other. They can be about what has happened to us. They can be a way of sharing our culture and heritage. They can be a way of getting a message across. We enjoy sharing stories with other people.

Sensory stories are a way telling a story to people who do not have good language skills. They use a range of different sensory experiences e.g. vision, smell, taste, touch and sound in a structured way so that the story is a multi-sensory experience. They enable the person to build up anticipation of what might happen next but also by following a set text can be reassuring. There are a wide range of different stories available below is one example.

Other resources:

<http://www.thesensoryprojects.co.uk/home> - wide range of different sensory ideas with some links to sensory activities

<https://parityfordisability.org.uk/category/ideas-and-info-for-home/sensory-stories/>

Stone Soup

A sensory story

Equipment

- Stone
- Water
- Pot/saucepan
- Different vegetables

Breakdown of story

| | |
|--|---|
| Some travellers come to a village, carrying nothing more than an empty cooking pot. | Show the pot |
| Upon their arrival, the villagers are unwilling to share any of their food stores with the hungry travellers. | |
| Then the travellers go to a stream and fill the pot with water | Pass round water to feel – pour into the pot |
| drop a large stone in it, and place it over a fire | Pass round stone and drop into pot |
| One of the villagers becomes curious and asks what they are doing. | |
| The travellers answer that they are making "stone soup", which tastes wonderful, although it still needs a little bit of garnish to improve the flavour, which they are missing. The villager does not mind parting with a few carrots to help them out, so that gets added to the soup. | Pass round carrots |
| Another villager walks by, inquiring about the pot, and the travellers again mention their stone soup which has not reached its full potential yet. The villager hands them a little bit of seasoning to help them out. More and more villagers walk by, each adding another ingredient. | Pass round other vegetables and herbs to feel and smell – gradually add them to pot |
| Finally, a delicious and nourishing pot of soup is enjoyed by all. | |