

SPRING SENSATIONS

A Spring-Themed Activity To Wake Up The Senses

'Spring Sensations' is a sensory activity themed around the arrival of Spring and warmer weather. Each part of the activity aims to awaken your learner's senses by using stimulating sensory resources related to some things associated with Spring.

This sensations activity would work well as a group or one-to-one session used in the morning to awaken the senses before the day begins or before Spring themed art or cooking activity.

The incredible work of Flo Longhorn has inspired this activity after buying a copy of her book 'The Sensology Workout' - 'Waking Up the Senses.' You can download a free copy of this book, along with many others, at [**FLOLONGHORNFREESENSORYBOOKS**](#)

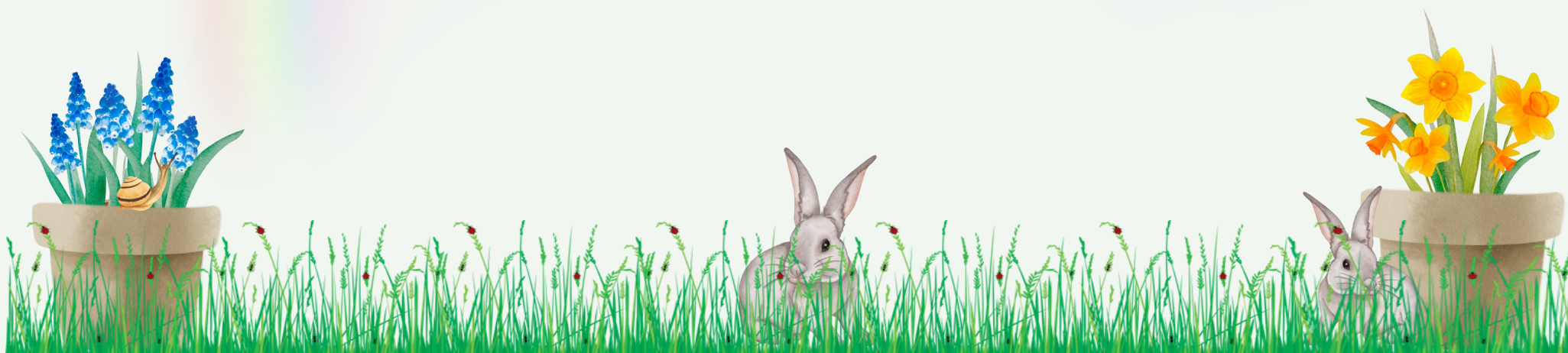
The following is a list of resources you will need to carry out the activity. Ensure your learners are happy and comfortable before you begin the session, and you have all your resources to ensure the session runs as smoothly as possible.

- Spring Sensations PowerPoint - You can view or download this PowerPoint by clicking on the link below
- [**SPRINGSENSATIONSPOWERPOINT**](#)
- A large piece of black material
- A box of natural green objects - For example, an apple, a pepper, green leaves, broccoli, mint and celery
- A sound recording of birds singing and a lawnmower - You can find these on slide 5 of your PowerPoint, but you may wish to put the sound of each sound recording onto a BigMack so your learners can activate the sounds independently.
- A pot of damp soil
- Spring onions
- Rhubarb yogurt - If your learner can not taste foods, you could put a little Rhubarb lip balm on their lips. Burt Bees do a lovely Rhubarb-flavoured lip balm. **Ensure that you have permission from parents or carers before applying any lip balms to your learner's lips.**

- Chocolate Easter egg or chocolate spread
- Warm hot water bottle or wheat bag
- Water spray bottle with added water

IMPORTANT

ALWAYS CHECK FOR FOOD ALLERGIES OR INTOLERANCES BEFORE OFFERING YOUR LEARNERS THE TASTE OF ANY FOODS



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INTRODUCTION.

Introduce the 'Spring' Sensations activity by singing 'Hello' to your learners individually.
Assist/encourage your learners to explore the Object of Reference for your 'Waking Up The Senses' activities
Listen to the piece of music on the first slide of your 'Spring' Sensations PowerPoint.

IT IS TIME TO WAKE UP OUR SENSES

I HAVE A BODY

SLIDE 2

**Say the words to the Spring-themed rhyme 'I'm A Little Seed' on page 5 of this resource.
As you say, the words assist/encourage your learners to do the actions to wake up their bodies.**

I HAVE EYES TO SEE

SLIDES 3 & 4

During the Winter months, some animals go into hibernation. Animals hibernate because the food they need becomes scarce, and the temperature drops.
They may sleep from October to March to save their energy, venturing out in search of food when the warmer Spring days arrive.

**Place a large piece of black material over your learner's head to represent animals asleep in hibernation, then slowly pull the fabric away to represent
the animals coming out of the dark into the light of the Spring days.**

Spring brings new beginnings. New green leaves appear on trees and bushes, green shoots appear as plants and flowers grow again, and the grass gets greener daily.

Assist/encourage your learner to look at and explore a box of natural green objects and materials.

I HAVE EARS TO LISTEN

SLIDE 5

Spring is the breeding season for birds, so they sing to attract attention and protect their territory. In the Springtime, you will hear birds begin to sing again, particularly in the mornings. Birds singing in the morning is known as the Dawn Chorus.

Tell your learners that they will now listen to the sound of birds singing.

Touch each of your learner's ears and then play the sound recording of birds singing by clicking on the small sound icon on slide 5 of your PowerPoint.

Warmer days bring people outdoors and into their gardens. With the warmth drying the ground, Lawnmowers cutting the grass is a familiar sound in the Spring.

Touch each of your learner's ears and then play the sound recording of a lawnmower by clicking on the small sound icon on slide 5 of your PowerPoint.

I HAVE A NOSE TO SMELL

SLIDE 6

Despite the Spring season bringing warmer weather, we still see lots of rain. Rain during warmer weather creates an earthy smell.

Offer your learner the smell of damp soil by pacing a pot of wet soil under their nose

Spring Onions are a seasonal vegetable and are at their best during the Spring months

Offer your learner the smell of Spring Onions by placing a freshly cut Spring Onion under their nose



I HAVE A MOUTH TO TASTE

SLIDE 7



Spring is the perfect season for harvesting Rhubarb when the stems are tender and juicy.

Offer your learner a taste of Rhubarb yogurt

If your learner cannot taste foods, offer them the smell of Rhubarb yogurt by placing the pot under their nose.

During the Spring, we celebrate Easter. Throughout history, people have given each other Easter eggs to represent new life.

Offer your learner a taste of Easter egg chocolate or dab a little chocolate spread onto their lips

If your learner cannot taste foods assist /encourage them to feel the shape of a chocolate easter egg, then offer them the smell of the chocolate by placing the Easter egg under their nose.

I HAVE SKIN TO FEEL

SLIDE 8

After the cold Winter months, feeling the warm Sun on your skin is a beautiful feeling.

Place your learner's hands on the warm, hot water bottle to represent the warmth of the Sun

The term April shower comes from a poem that dates back many years

'March winds and April showers bring forth May flowers.'

Spray water from a water spray bottle above your learner so that they can feel the water droplets land on their skin,

THE END

Finish the Spring Sensations Activity by listening to the piece of music on slide 9 of your Spring Sensations PowerPoint.



BE A SEED

Be a seed small and round.

Bring your learner's hands together and cup your hands around theirs, gently squeezing their hands as you say the words above to emphasise a seed being small and round.

If you are sharing this activity with learners, who can encourage them to squeeze their hands together

Sprout, sprout, sprout out from the ground

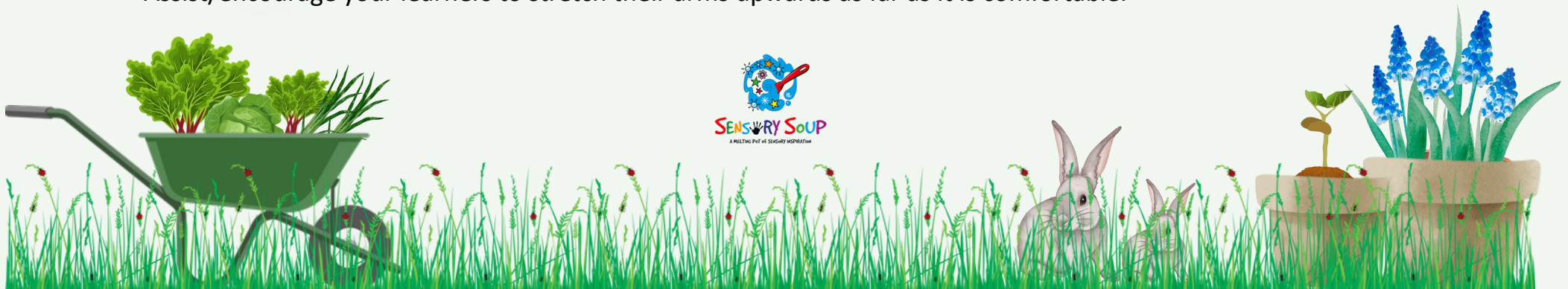
Assist/encourage your learners to bring their hands out in front of them

Shake your leaves for all to see

Assist/encourage your learners to shake their arms out in front of them

Stretch your arms up. You're a tree.

Assist/encourage your learners to stretch their arms upwards as far as it is comfortable.



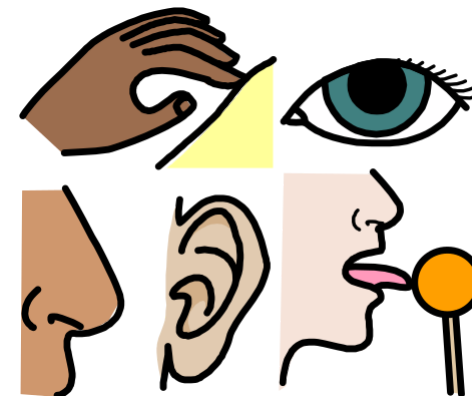
'Spring Sensations' Signs & Symbols



Spring



Waking



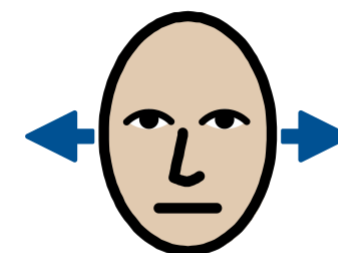
Senses



Spring



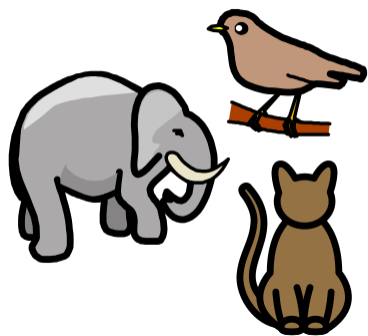
Waking



No Sign

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'Spring Sensations' Signs & Symbols



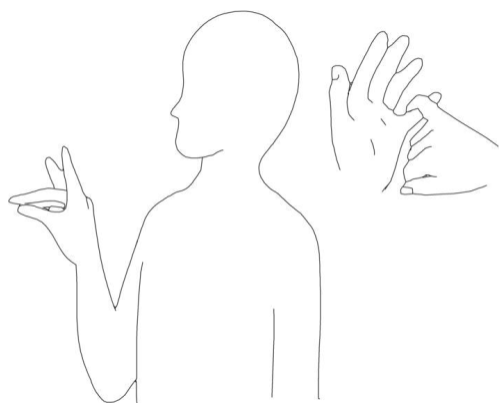
Animals



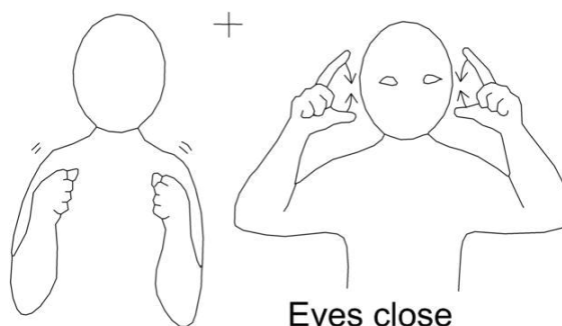
Hibernate



Eyes

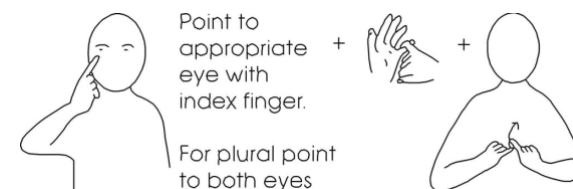


Animals



Eyes close
as fingers indicate

Hibernate



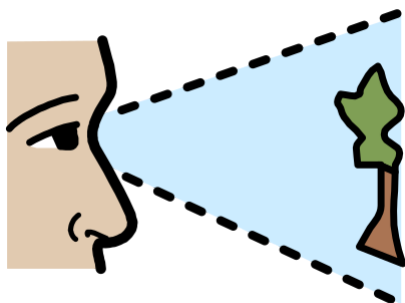
Point to
appropriate
eye with
index finger.

For plural point
to both eyes

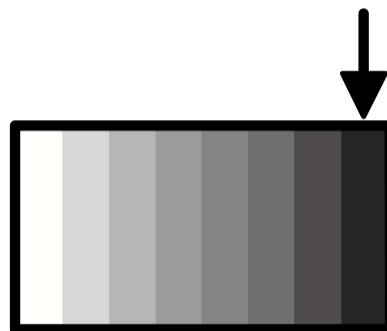
Eyes

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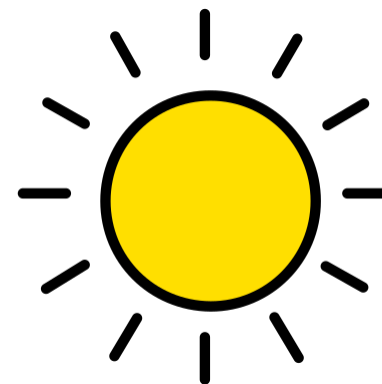
'Spring Sensations' Signs & Symbols



See



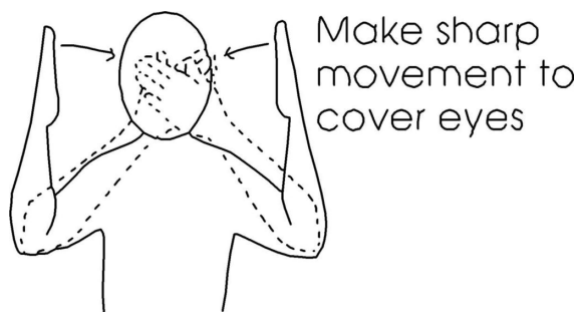
Dark



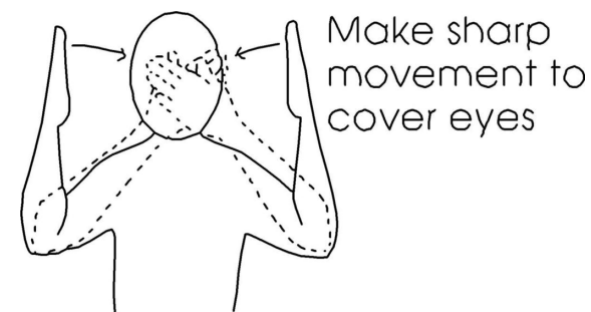
Sun



See



Dark



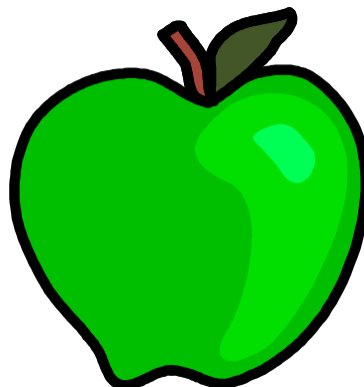
Sun

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'Spring Sensations' Signs & Symbols



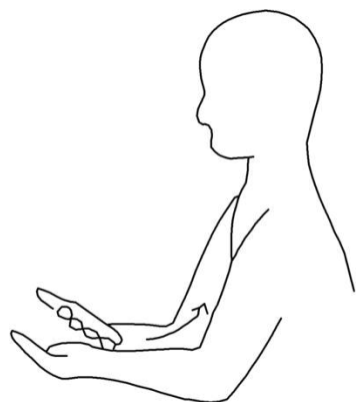
Green



Apple



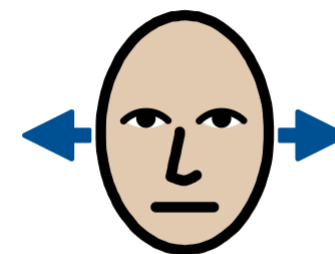
Pepper



Green



Apple



No Sign

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'Spring Sensations' Signs & Symbols



Leaves

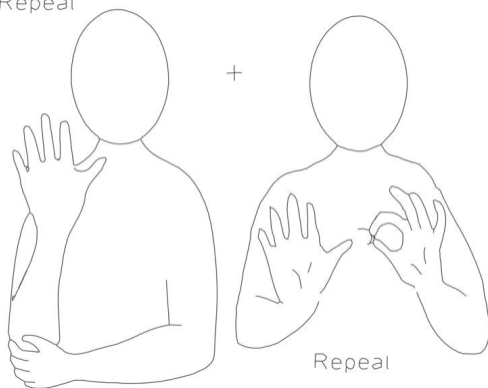


Broccoli

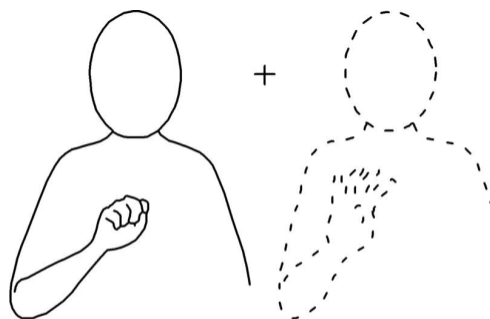


Mint

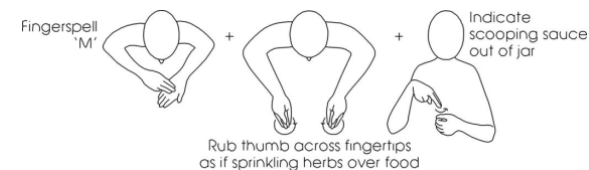
Repeat



Leaves



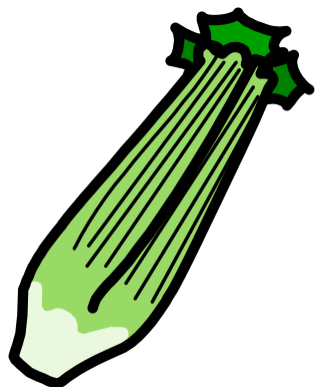
Fist opens to indicate
broccoli floret
Broccoli



Mint

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'Spring Sensations' Signs & Symbols



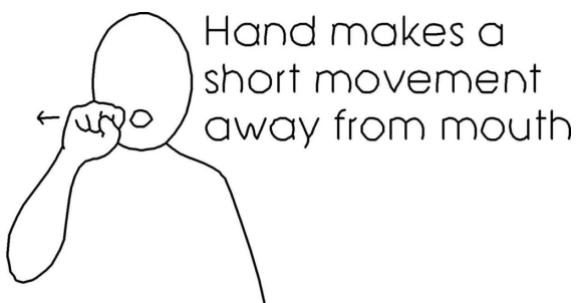
Celery



Ears



Listen



Celery

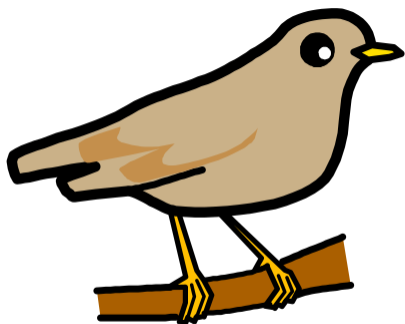


Ears

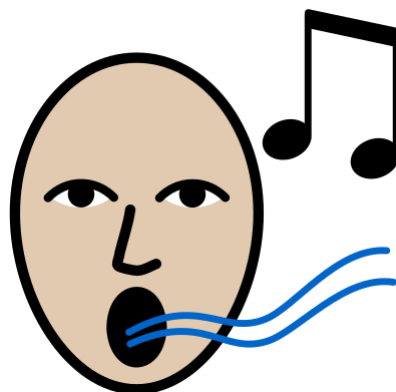


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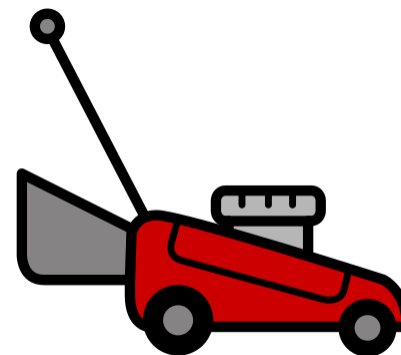
'Spring Sensations' Signs & Symbols



Birds



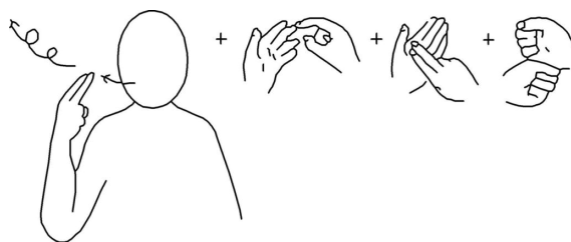
Singing



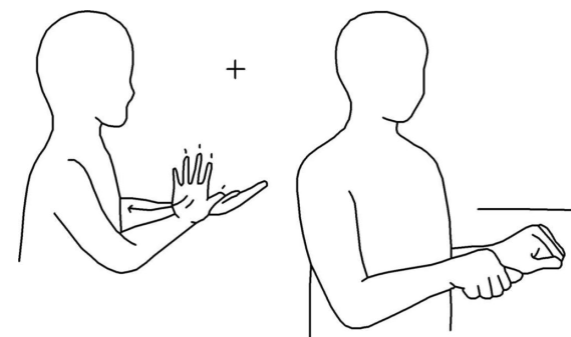
Lawnmower



Birds



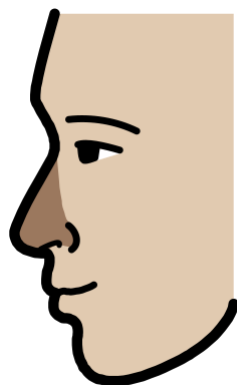
Singing



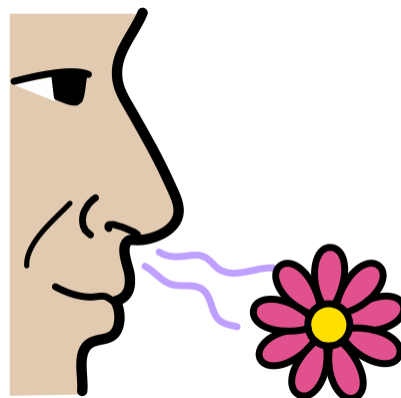
Lawnmower

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'Spring Sensations' Signs & Symbols



Nose



Smell



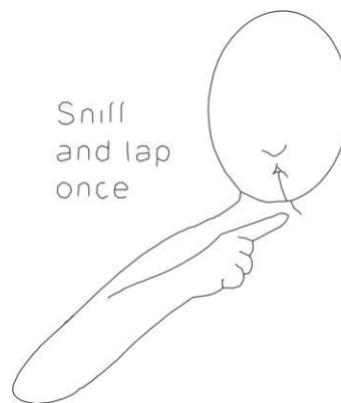
Wet



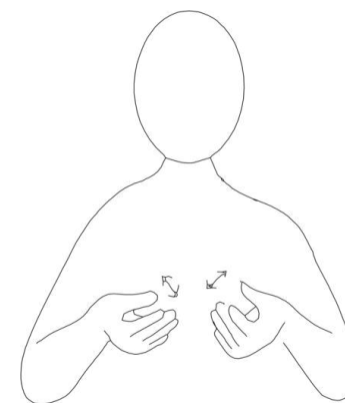
Right index
finger touches
tip of nose

Nose

Sniff
and lap
once



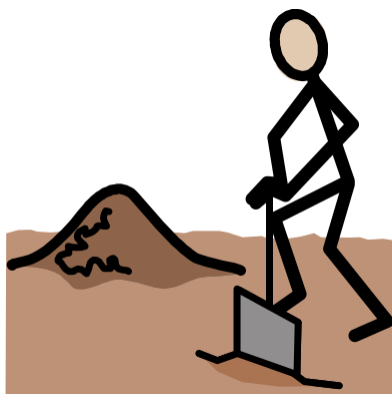
Smell



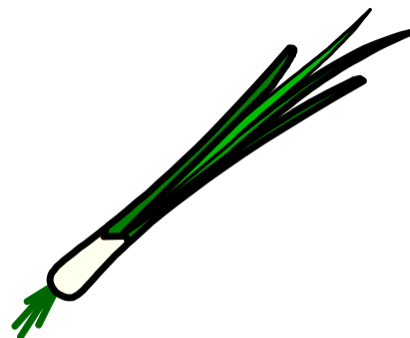
Wet

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'Spring Sensations' Signs & Symbols



Soil



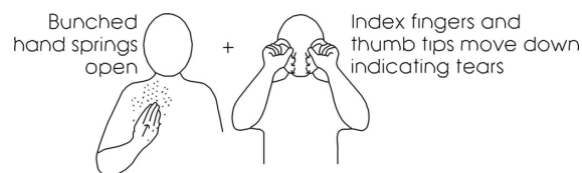
Spring Onions



Mouth



Soil



Spring Onion

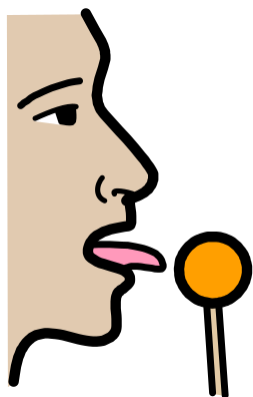


Index finger
touches top
then bottom
lip

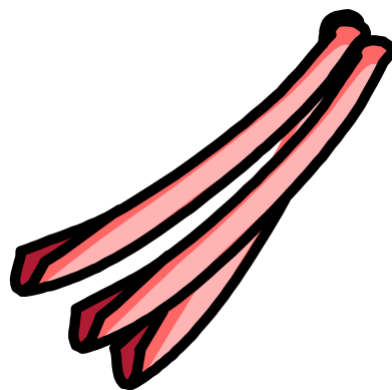
Mouth

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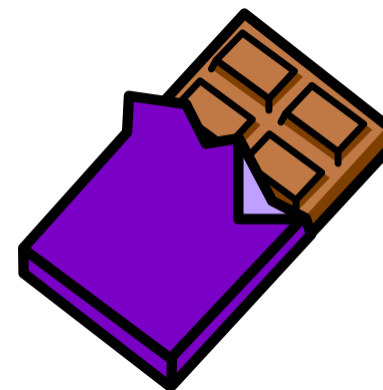
'Spring Sensations' Signs & Symbols



Taste

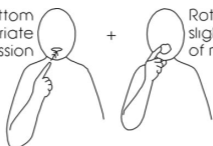


Rhubarb



Chocolate

Index finger taps bottom
lip twice with appropriate
facial expression

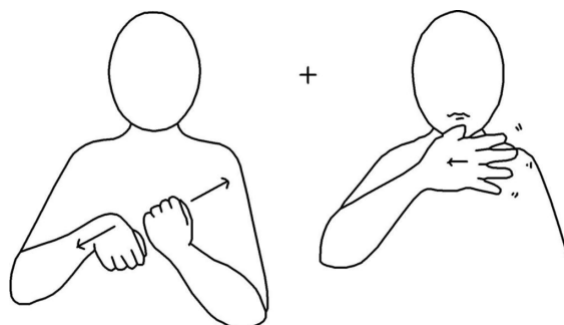


Taste

+

Rotate finger
slightly at corner
of mouth

Repeat



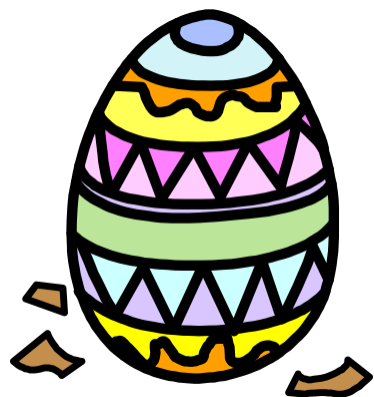
Rhubarb



Chocolate

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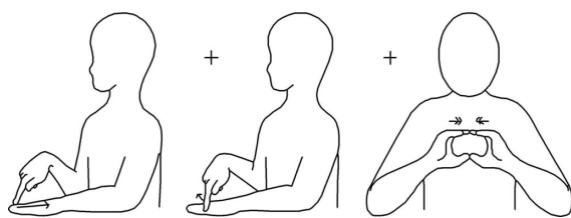
Easter Egg



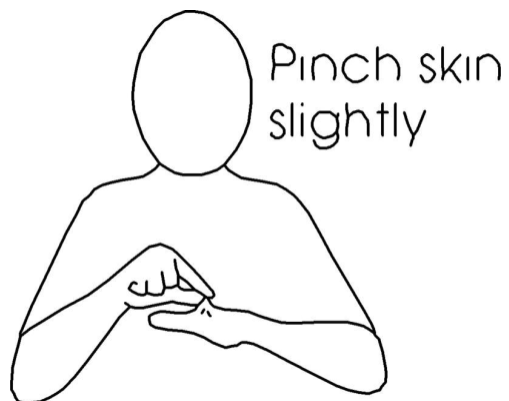
Skin



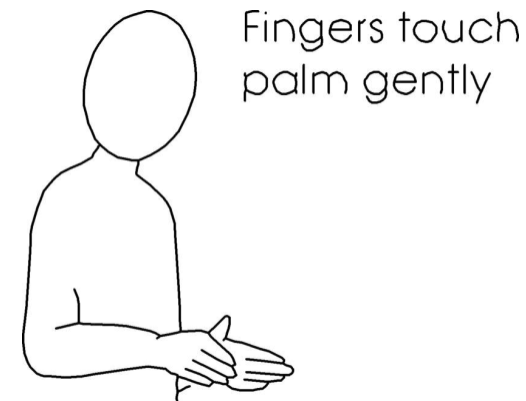
Feel



Easter Egg



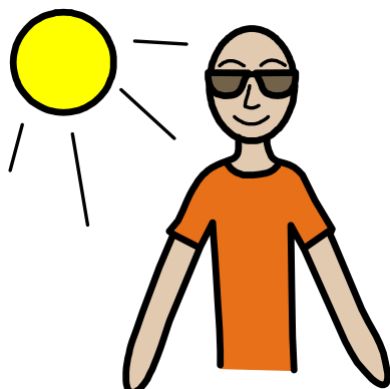
Skin



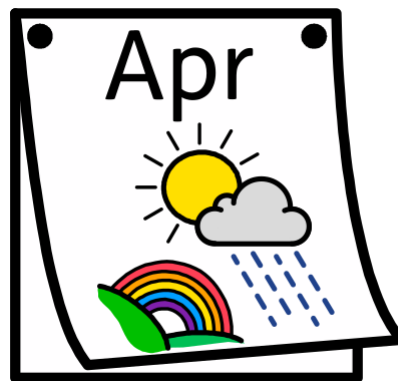
Feel

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'Spring Sensations' Signs & Symbols



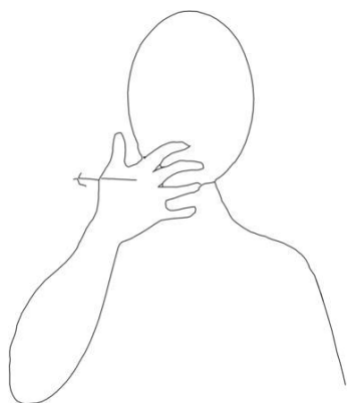
Warm



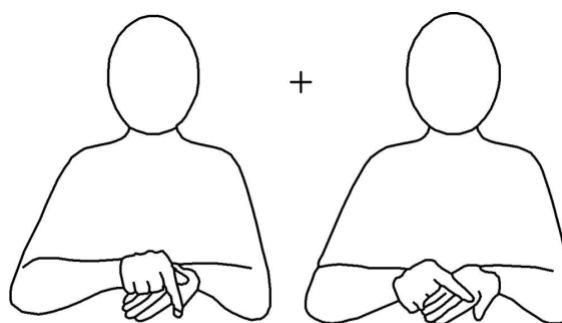
April



Rain



Warm



Finger spell 'A' then 'L'

April



Rain

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