



# Sensory World of Work



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# Construction



Touch – feel sand, a brick , wear goggles, wear a hard hat, wear work gloves, use clay to make brick using moulds

Sight -  
<https://youtu.be/3EX3RVWn5Ok>  
<https://youtu.be/l-id93otsQA>



Hearing – play sounds - [Search Audio | Soundsnap](#)

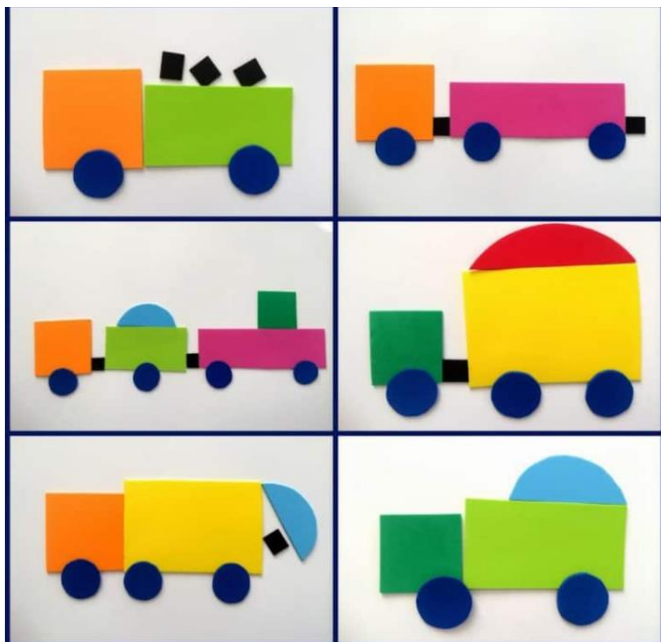
Smell –different building materials  
– wood , bricks, sand etc  
smell cement wet and dry

Taste ?



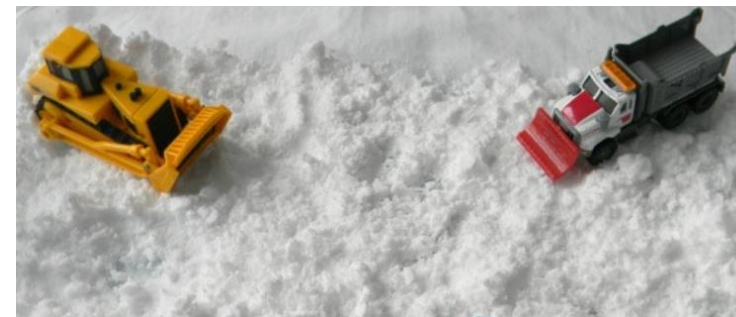
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felt or foam shapes  
and a table or piece  
of paper to build  
on, Includes  
imagination and  
shape recognition  
in endless  
combinations of  
fun!

construction vehicles in Sensory  
Snow dough Baking Soda Dough  
~ Learn Play Imagine



### Construction site – Sensory Play - Materials needed

- :: Corn starch or cornflour
- :: Water
- :: Sensory bin
- :: Construction truck and vehicles
- :: Rocks

Mix 2 cups of cornflour with 1 cup of water in a large sensory bin using a spoon.



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Touch and feel  
Toy tools, press  
the button on  
the drill



Block and  
towers



**Pendulum Play** - This activity

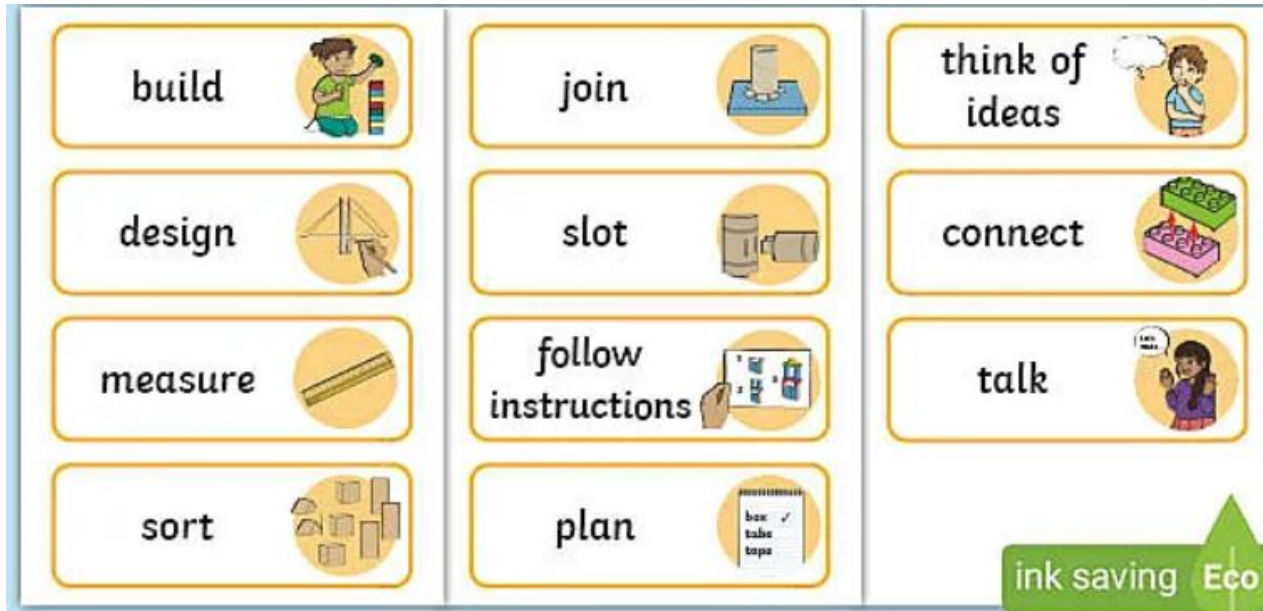
requires:

- Wooden blocks
- PVC pipe
- String
- Tennis Ball - [Teacher Tom: More Learning About Pendulums](http://teachertombsblog.blogspot.com)

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Any activity that involves any of the above



Use some of the materials above



# Admin and Office Work



Touch – feel old school telephone, calculator , use highlighters , sticky notes, use a keyboard

Sight - Take pupils to see the photocopier and try copying something (with support)- could be a photo of themselves to show what the copier does

Use/demonstrate a paper shredder

Hearing – play sounds  
<https://www.soundsnap.com/search/audio/office%20ambience/score>  
Hear - swirling office chair.

Smell –coffee from office coffee machine  
smell - paper, plastic and pens (scented pens)

Taste - Tea, cakes etc (snacks you have in office)

## I can hear task: Play some office sound effects

- Phone sounds - <https://www.soundsnap.com/search/audio/telephone%20rings/score>
- Paper Shredder- <https://www.soundsnap.com/search/audio/paper%20shredder/score>
- Email sound effect - <https://www.soundsnap.com/search/audio/email/score>
- Photocopier, printer - <https://www.soundsnap.com/search/audio/photocopier/score>



Use a sensory keyboard



Taped sticky paper to the wall or pupils tray (sticky side up) and arranged an assortment of large colourful paper clips to be stuck on

Shred the paper into a bowl or large tray, such as a water tray. Put some objects into the paper to create a shredded paper hunt. Use different colours and textures of paper  
*Extension* – add water – Mushy paper - This was a fun sensory activity. Shredded paper is by itself a fun sensory experience.







Touch office items like above



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- hair gel
- wigg
- comb
- hair brush
- hair clip
- hair rollers

# Hair and Beauty

Touch – Hair styling head, feel a hairdryer, use and feel different brushes , use a foot spa , use massage oil, lotions and creams on hands , arms etc, vibration of hair clippers, hair rollers,

Sight – look in a mirror

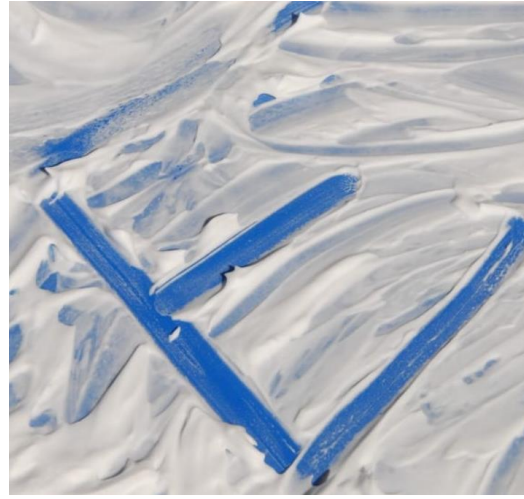
Hearing – play sounds - [Search Audio | Soundsnap](#)  
[Search Audio | Soundsnap](#)

Smell  
Perfume  
Shampoo/hair products  
Wax  
Massage/essential oils  
Lotions and creams

Taste ?



Create a sensory bottle – using things like water, hair gel, liquid soap, baby oil, shampoo, Epsom salts, scented essential oils - How to Make Sensory Bottles and Calm Down Jars ([mykidstime.com](http://mykidstime.com))



Create shapes, lines in shaving foam

Create a hair roller sensory bin



Create a sensory hair gel bag  
Sensory Play with Hair Gel -  
Mostly Under Control







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# Horticulture – Gardening



Touch – Pulling weeds in different soil experiences - Pull weeds from dry soil and wet soil - Add rocks, pebbles, bricks, and gravel for texture  
Touch flowers, grass, pine cones, leaves, herbs , fruits and vegetables  
Create a sensory walk or sensory bring the outdoors indoors tray  
Water flowers

Sight – look at flowers, trees, fruits and vegetables

Hearing – play sounds –  
[The Needs of a Plant \(song for kids about 5 things plants need to live\) – YouTube](#)  
Listen to a water feature, wind chime, sounds of a garden birds etc  
[Search Audio | Soundsnap](#)

## Smell

Dirt is such great scent! Add novel scents like mint, lavender, tomato plants, basil. Fresh herbs and flowers, grass , wood chippings and leaves

Taste – Taste fruits and vegetables





Bring a few vegetables from home or the school kitchen, let the students feel, smell and taste (if possible) . This can also be done with different types of herbs, smell and feel the different textures and aromas.



collect a few different types of grasses, allow the students to feel the different textures as not all grasses are the same. Ask around the school staff for some cuttings from home or if they are out on a walk to enable the collection.



Take pupils to an established garden. Let them listen to the rustle of the leaves and hear the birds, smell the different flowers or plants and even feel the soil and plants.



recreate the mowing of a lawn inside. click the link [Search Audio | Soundsnap](#) to play the sound of a lawn mower, give the students something to hold or push around the class room (with their chairs, or watch the teacher), if possible you could put a fan on to simulate the wind and bring some grass cuttings in for full effect.

Make and play with clean mud  
How to Make Clean Mud  
(with Video) \*  
Sugar, Spice and Glitter



Sensory Fruit water play - You will need:  
Coloured Water  
Food Colouring  
Pipettes  
Under Bed Storage Tray  
Fruit  
Knife to chop (Adults)  
Containers  
Utensils



Create a garden sensory bin/box - Potting soil is never dull to touch and feel! Add some fruits, vegetables and little toy garden animals, and you will have hours of playtime right at your fingertips. Practice digging, burying vegetables and finding them again [Sensory Bin \(powerfulmothering.com\)](http://powerfulmothering.com)

Mud painting







Paint stamping with fruits and vegetables



Taped sticky paper to the wall or pupils tray (sticky side up) and arranged an assortment of leaves

### Leaf Rubbings

Take some of those beautiful leaves and create leaf rubbing art.

Here's how to do it:

1. Place the leaves under a white piece of paper.
2. Rub white crayon over the leaves.
3. paint with watercolours to reveal the leaves.





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# Animal Care Sector



**Touch**

Touch some cuddly pet animals/toys – Cat, Dog

Touch a pet – Dog, Cat, hamster etc

Animal Puppets

Animal toys – different textures

**Sight** - visit a farm /zoo to look at the animals

Visit an aquarium

Look at a toy aquarium



**Hearing**, sounds of a dog, cat and farm and zoo animals

<https://www.soundsnap.com/search/audio/dog/score>

<https://www.soundsnap.com/search/audio/cat/score>

<https://www.soundsnap.com/search/audio/farm%20animals/score>

<https://www.soundsnap.com/search/audio/zoo%20animals/score>

**Smell**

Visit a farm /zoo – smell the surroundings

smell cat litter (clean) Animal foods

**Taste**



The Zoo Vet: Sensory Pack  
([twinkl.co.uk](http://twinkl.co.uk))



## Ocean sensory tray



with frozen rice  
THE IMAGINATION TREE

Sensory animal Bins – plastic animals different fillings – grass, sand, seeds, straw, shredded paper etc – aquarium sensory bin with frozen coloured rice



Farm Animals Effect Wheel is a continuous image that projects a graphic rotating image of popular farm animals Sensory Projection Effects (rhinouk.com)

Glue shredded paper down onto a paper plate to make a textured sheep craft.



Animal Washing station



Fill a bin with seeds and nature materials to build a nest for the birds. (Fantastic Fun and Learning)



Animal Torches



# Design ,Arts and Crafts Sector



## Touch

Different fabrics and material – leather, cotton , silk etc

Wear different items from different fabrics

Use different drawing materials to mark make such as Charcoal, acrylic paint, crayons, watercolour paint, oil paint, chalk etc

Sight –Look at different pieces of art [5 Synesthesia Artists Who Paint Their Multi-Sensory Experiences](https://www.mymodernmet.com)  
([mymodernmet.com](https://www.mymodernmet.com))

Visit an Art gallery

## Hearing

<https://www.soundsnap.com/search/audio/designer/score>

<https://www.soundsnap.com/search/audio/arts%20and%20crafts/score>

## Smell

Smell different drawing materials and fabrics and materials

## Taste





finger painting on bubble wrap.

Boil a huge batch of long noodles (fettuccine or spaghetti work well), rinse with cool water, and dye with food colour. Let pupils get messy swirling and twirling it through their fingers.



Tape the large pieces of paper to the floor. Pour the paint into large shallow trays and place them around the outside of the paper. Let the children use their hands and/or feet dipped in the paint, to create their pictures



SEN Sensory Art Activities



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# Computing - Technology and Digital

## Touch

Using a switch linked to a big screen

Switch activated toys

Using the Ipad

Use the switch with a mains controller and the liquidiser or food mixer in cookery. Liquidise your own lunch. Activate the fan, a small fountain or the microscope in science. Play a CD, MP3 or midi files in music

## Sight –

Using eyegaze/mygaze

## Taste

## Hearing

<https://www.soundsnap.com/search/audio/computer/score>

<https://www.soundsnap.com/search/audio/technology/score>

<https://www.soundsnap.com/search/audio/digital/score>

## Smell





Use a tablet to create and share a communication passport or life story. The built-in camera and video camera means that it will be easy to compile and keep up-to-date. If a picture can replace a thousand words then a video can explain in seconds what we can't put across in words.



Story Telling and Choice Making – Use a tablet to allow pupils to engage in and enjoy the telling of a story, whether that be fact or fiction. By using apps to add in sound effects, an individual is able to contribute to the telling of a story.



Exploring Sensory Experiences – Use a range of apps

Inclusive Technology - All the Help You Need

– SEN ICT Training & Consultancy ([ianbean.co.uk](http://ianbean.co.uk))–

Include eye Gaze software, Ipad Apps, switch accessible software



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# STEM /Engineering and Manufacturing

Touch

Slime. Kite flying, Use a hovercraft, Water wheel , Windmill

Moondough or kinetic sand

Sensory blocks

Water Table

Sight –

Watch a lava lamp

Bubbles

Taste

Bake bread

Homemade Slushies

Hearing

<https://www.soundsnap.com/search/audio/engineering/score>

Smell

Bake bread



## Shaving Cream Snow

1. Large ziplock bag
2. Gel shaving cream
3. Tape



Squirt some shaving gel into a large ziplock. Make sure it is well sealed. Tape it to the table and then let the pupils squish it! They will see the reaction of the gel turning into foam and be able to squish it around. You can add small items such as buttons for pupils to push around as well

SENSORY BOTTLES are an easy and effective way to provide your pupils with sensory experiences. They are simple to make, all you need is a bottle, some liquid (oil, water, liquid soap, shampoo, glycerine...) and something to put inside (glitter, sand, beads, confetti, magnets, buttons, toys).



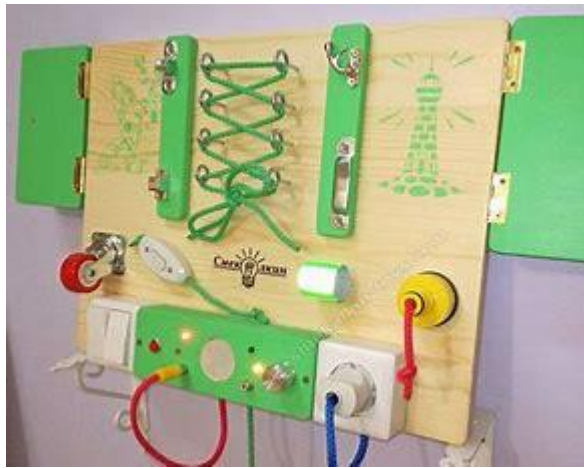
## Make Marbled Cards Using Science!



## Oobleck: A Recipe for a Mesmerizing Mixture - : A Recipe for a Mesmerizing Mixture







Create a busy Board/  
Engineering  
sensory  
board



Vinegar Experiment - Put a colourful twist on the classic vinegar and baking soda experiment by adding colourful gelatine to the mix. mix powdered Jelly with baking soda in a bowl. Pour in vinegar to create an explosion of foam and colour that engages all five senses.



Cause and effect activity ideas for older PMLD students. Instead of using cause and effect toys, why not look at some of the household items/machines ( fans, kettles, Hoover , coffee machine you have around that you could use to support students to learn and develop the concept of cause and effect. You could use these ideas instead of switch toys and as switch activities too



Hammer and nails  
board

Turn cog wheels



# Health and social Care

## Touch

Surgical gloves filled with different materials such as shaving cream , seeds , water , soil etc

Doctor sensory bin – cotton wool balls and toy doctor nurse equipment or cardboard cut-outs

Wear doctors, nurses and healthcare uniforms

Use coloured plasters to make a sticky picture

## Sight –

sight and smell -  
thermometers , medicine spoons, plaster, bandages.

## Taste

## Smell

### TCP

sight and smell -  
thermometers , medicine spoons, plaster, bandages.

## Hearing

<https://www.soundsnap.com/search/audio/hospital%20sounds/score>

<https://www.soundsnap.com/search/audio/hospital%20machine/score>





- Red Water Beads
- White Water Beads
- Red Pom Pom Balls
- Dark Red Buttons
- Pictures of organs or models of organs
- Invite pupils to simply explore this open-ended sensory bin.



Use bandages to feel and wrap around pupils

### Toothpaste Slime for Dental Health Month | Still Playing School







# Leisure and Sports

## Touch

Different sport equipment – balls, rackets, shuttlecock etc  
Use a sensory Ball , Sensory Swim , Boogie bounce – Dance, Stretching on beanbags , Using wedges , Wheelchair Bikes , Standing frames , Bouncing, trampoline. Rebound , Mats , walkers, sensory circuits  
Wear different sports clothing and items – sports bibs, helmets, boxing gloves,

## Sight –

Visit a museum , Leisure Centre, Cinema, sports arena, swimming pool

## Taste

## Hearing

<https://www.soundsnap.com/search/audio/football/score>

<https://www.soundsnap.com/search/audio/sports%20ambience/score>

<https://www.soundsnap.com/search/audio/sport%20game/score>

## Smell



Balloon Tennis

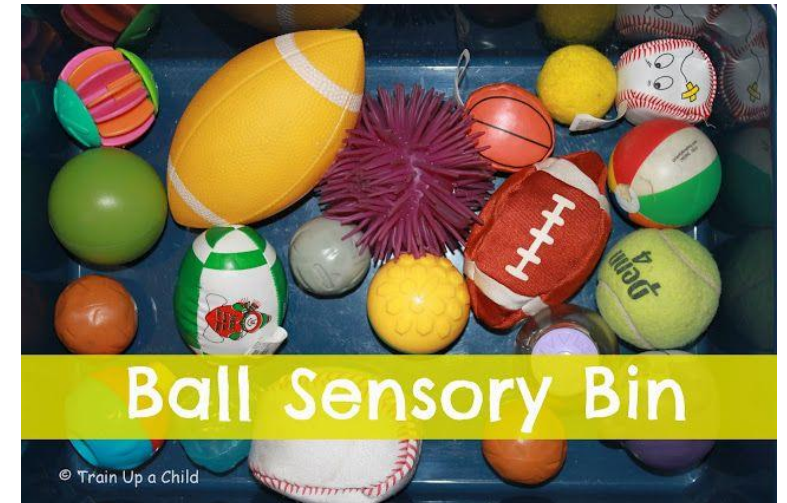
Organise school trip or visit to experience Leisure or sport activities such as

- Accessible sports can be enjoyed in a wheelchair or played in an adapted way.
- • adapted cycling
- • water sports (eg motor boating, canoeing and sailing)
- • adapted skiing
- • wheelchair ice skating



[Museums From Around the World That You Can Visit Virtually | Travel + Leisure | Travel + Leisure \(travelandleisure.com\)](#)

Ball sensory Bin





# Travel Tourism and hospitality

## Touch

Touch and feel different textures of clothing: apron, suit jacket, chef's hat, -Hospitality uniforms  
 students to feel the textures and weight of the objects that are normally laid at a restaurant table, cutlery, plates, glasses, napkins, salt and pepper etc

touch and feel some food and drinks - different food textures: Jelly, rice, pasta, noodles custard, yogurt, etc or using scissors/safety knife to cut different food textures or even getting pupils to hold and touch cutlery.

Different holiday/tourism modes of transport toys – aeroplanes, Ferries, Trains , motorhomes etc

Sight –  
 Visit a hotel, airport etc  
 take the students to a kitchen, boil the kettle, clang some pans, pour water, fill the washing up bowl to create sounds and an atmosphere for the students.



## Hearing

Hear a vacuum cleaner - replicate hotel room/housekeeping  
<https://www.soundsnap.com/search/audio/hotel%20ambience/score>  
<https://www.soundsnap.com/search/audio/busy%20cafe/score>  
<https://www.soundsnap.com/search/audio/hotel%20reception/score>  
<https://www.soundsnap.com/search/audio/restaurant%20kitchen/score>

Use a bell for the students to ring themselves if possible or listen and feel. You could also play some different reception bell sounds. -  
<https://www.soundsnap.com/search/audio/reception%20bell/score>

## Smell

Smell an air freshener – replicate hotel room/housekeeping  
 ground coffee as a sensory smell for the bar/café  
 Smelling the food that others are cooking

## Taste

Try foods from around the world







Holiday themed sensory box)



hand wash the dishes, water play



An Idea on Tuesday

Pots and Pans: Turn over some pots and pans, have spoons to hand

Aeroplane, boat or holiday transport sensory box (travel themed)



Globe Fidget Toy



Flour Therapy – fill up a tub with flour hide a few objects inside or kitchen items





# Transport and logistics

Touch – toy vehicles , Tyres, steering wheel, feel different packaging bubble wrap, boxes, Mark making using variety of vehicles.

Sight – visit a train station, bus station , tram station etc  
sight – look at different vehicles in the community

Hearing – play sounds -  
[Search Audio | Soundsnap](#)  
Use instruments for making vehicle sounds

Smell  
Tyres  
Smells at bus station , train station etc

Food for a long journey







Painting with vehicles



Transport sensory Bag - THE WHEELS ON THE BUS SENSORY BAG - Toddler in Action

construct bus in class in role play - singing transport songs. wheels on bus



Activity wall panels provides the opportunity to develop motor skills and hand-eye coordination whilst encouraging learning through collaborative and imaginative play, reasoning and language as well as developing the awareness of time, shape and space.



Water play with boats





# Performing Arts

Touch – different musical instruments, different costumes people may wear in performances , make noise into a microphone, smoke machine

Sight – visit a theatre, art centre, gallery, concert hall, art festival, orchestra, watch a band play, watch a dance performance. Ballet, musical . Go to a circus

Watch a tv production or film

Look at different lights to replicate stage lighting

Hearing – play sounds - [Search Audio | Soundsnap](#)

[Search Audio | Soundsnap](#)

[Search Audio | Soundsnap](#)

Listen to a radio broadcast

Listen to classical music

[pmlD sensory music – YouTube](#)

Smell - -Popcorn, ice-cream ,  
candyfloss ( interval treats)

Taste -Popcorn, ice-cream ,  
candyfloss ( interval treats)



# Retail

Touch – till, money, items in retail stores such as fruit from a grocers, fish from a fishmongers, role play different retail outlet such as

Clothes shop – trying on different clothes Bakery – touching and smelling different cakes, bread and pastries

Sight – visit different shops such as supermarkets, grocers, fishmongers, toy shops, florist, DIY store, clothes shop, bookshop, department store, baker,

Hearing – play sounds - [Search Audio | Soundsnap](#)

Smell – visit the fruit and vegetable section and bakery section of the supermarket

Smell perfume in the department store

Bread at the bakers

Books in the book store

Taste different food from a supermarket, bakery, grocers etc