

Zoe Stueck

Sensory Simulation Kit
Theme: First day of school

Supplies:

Kit Contents: Gummies, play dough, plastic letters, crayons, juice box, pom-poms, seek and find (containing: eraser, pen, crayon, letter o, pencil, scissors, glue, books, apple), school bus noise, school bus, construction paper, markers, sound of school bell, and sound of ball bouncing

Optional Item: A lunch box with food in it to represent lunch at school, short clips of what school is like

Additional equipment/ supplies required: glue stick, computer/phone with speaker capability and internet access that can play sounds of a school bus and school bell.

Activities

Visual

Picture of school bus: Show picture of school bus ask client if they can identify what it is. Then ask the client if they have ever seen a school bus and where they have seen one. Discuss if client knows anyone who rides on a school bus currently and what the client thinks it would be like to ride on a school bus;

Seek and find: Give client seek and find and ask them to search for the school supplies in the seek and find that is listed on the paper (there will be images and words for each item so the client can match the item in the seek and find with the image in case they do not know how the item is spelled yet) Ask client if they ever used some of the items in the seek and find and what did they use them for. (If client has a noise sensitivity seek and find can be transferred to a soft plastic clear pencil case instead of hard case so it doesn't make noise).

Auditory: Sound of school bus: Using phone or computer play sound of school bus. Ask client if they recognize the sound and what they think the sound is. Then ask client if sounds similar to other sounds that they have heard and what the objects were they that made a similar sound.

<https://www.youtube.com/watch?v=YtEubk3DFqM>

Sound of school bell: Using phone or computer play sound of school bell. Ask client what they think the sound is and what they think the sound is for.

https://www.youtube.com/watch?v=ETnCl_bpuf8

Sound of a ball bouncing: Bounce a ball without letting the client see what you are doing and ask them what the sound is and if they have heard it before. Then ask client when they think they would hear the sound at school. (e.g. recess, gym class)

Tactile: play dough: Give client play dough and ask them what it feels like, if they have used play dough before and if the texture reminds them of anything else. Then have them mold something with play dough that makes them think of school

Plastic letters: Take letters out of bag, place them on table and ask client to feel the shape of the letters and then spell their name. (If client is not able to spell their name ask client to identify certain letters).

Pom- Poms: Take pom-poms out of a bag ask client to feel them and if the texture of the pom-poms reminds them of anything (e.g. carpet, blanket) and if they think anything in school would made like this texture. Then have client make the shape of what they think a school building looks like with the pom poms (can just place them or use construction paper and glue and glue them on).

Markers and construction paper: Have the client touch the markers and construction paper, ask them what it feels like and if they have used them before and when they might use these materials in school. Then have client draw a picture of something they are excited about or nervous about with the first day of school.

Olfactory: Ask client what they think a school would smell like or what type of smells they would smell in school. Then have client smell box of crayons and what the crayons smell like and if the smell reminds them of anything else or made them think of a memory and when they think they would use crayons in school.

Taste: Ask client if they had snacks in preschool or at home and what their favorite snack was and what time of day they usually ate snack at (morning, afternoon, night). (*Diet permitting) ask client if they would like to taste gummies and a juicebox. Then ask client what it taste like (fruity, sour, bitter, sweet) also ask what the texture is like when they are eating it (smooth, crunchy, chewy).