



CHRISTMAS

SENSORY STORIES

Get children with SEND in the festive spirit!

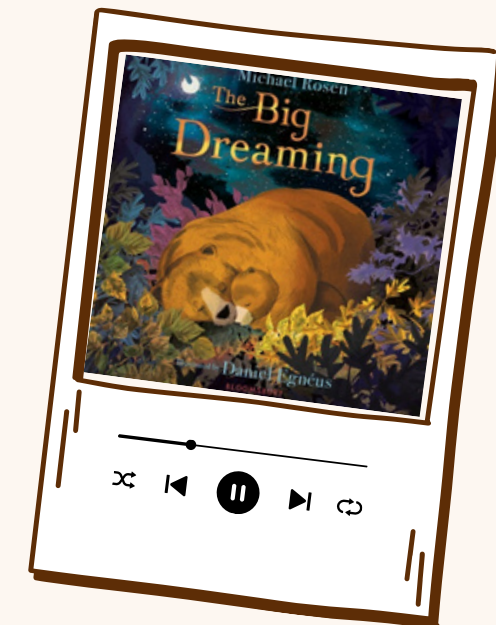
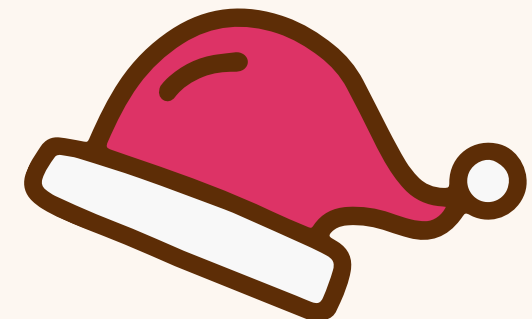
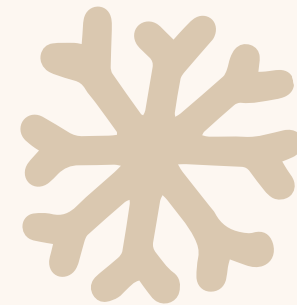
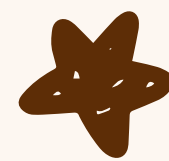
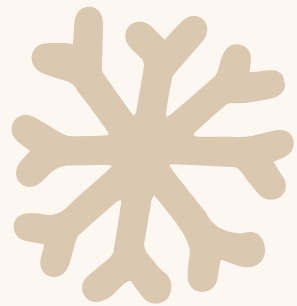
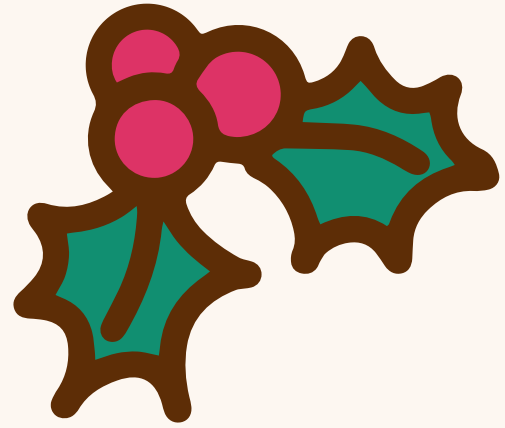


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Nicholas Allan**





Using the guides

A few gentle reminders before you get going:

- Use as much or as little as you like
- Choose what suits your child
- There's no right or wrong way to go
- Always follow the child's preferences
- Skip smells/textures if not appropriate
- Adult support is recommended for groups

Audiobook one:

The Big Dreaming by Michael Rosen

The Cold is coming, and it's time for Big Bear and Little Bear to get ready for the Big Sleep – for bears sleep all winter long, and wake up in the spring. But Little Bear is worried. What if they run out of dreams during the Big Sleep?


A timeless classic that's sure to get you and your children feeling cosy.



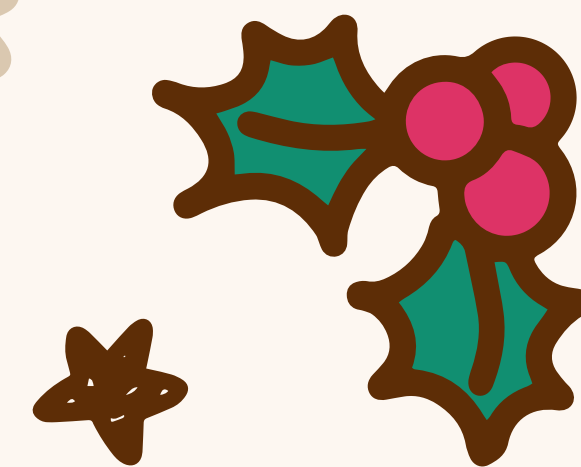


Notes on this audiobook



- There are suggestions for a bedtime story and additional suggestions for a slightly more lively version using more props, which may be more suitable for sharing the story in a classroom - feel free to pick what best suits your child.
 - It's best to choose one of our prop suggestions from each section. Choose the one that you think your child will enjoy most, or include your own sensory ideas.
 - If you're sharing this story with a classroom you may want to have multiple copies of the props and other adults to help you.
 - During the audiobook there'll be times when you're sharing props with your child and times when you're just listening to the story together.
 - It's fine to just include one or two props, for example, a little bit of confetti at the beginning and at the end.
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Part one

From: “Big Bear looked up...” to “I’ll go and look for some dreams.”

Track 4, 00:00-01:08

Bedtime story suggestions

Use shades of brown, red, or yellow confetti to mimic the falling leaves of autumn—allow the confetti to softly cascade onto your child. As an alternative, you can cut out small leaf shapes from tissue paper or explore other types of paper, such as pages from an old magazine, and use this homemade ‘confetti’ in a similar fashion.



Additional classroom suggestions

Use an ice pack to symbolise the approaching cold. If the child you're sharing the story with can handle strong scents, consider allowing them to sniff some pine oil to evoke the aroma of the forest.



Part two

**From: “*Little Bear wandered...*” to
“*...and on he walked.*”**

01:08-01:47

Squirrel section

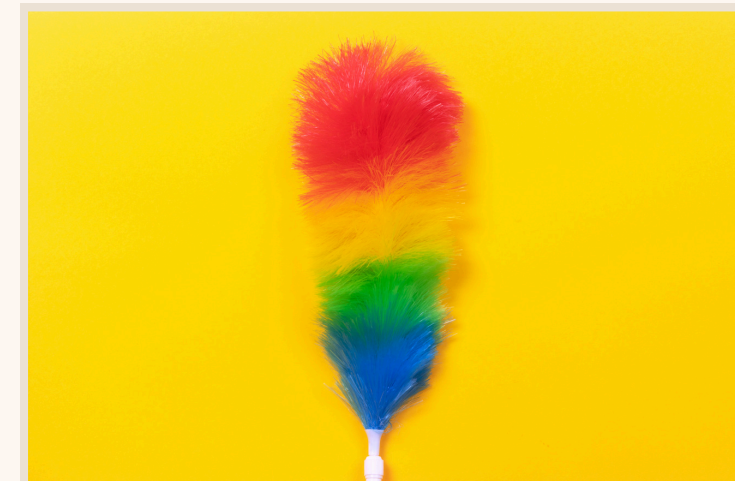
Bedtime story suggestions

Try using a hand warmer heat pack – these can be bought online or outdoor shops. Tie it into a drawstring bag and let your child feel the heat of the summer. Use real or fake flowers to represent summer. You could try using a scent or soap that has a summery smell (e.g. rose).



Additional classroom suggestions

A lamb's wool duster can be good for representing the squirrel with her bushy tail. Or you could use a squirrel puppet if your learners would enjoy that.



Parts three and four

From: “*Little Bear wandered...*” to
“*...and on he walked.*”

Rabbit section - 01:47-02:33

Bedtime story suggestions

With your index finger ‘draw’ a long winding ‘path’ on your child’s arm and/or back. This is the ‘path all the way home’.

Additional classroom suggestions

A large white pom-pom (for a hat) can be good for representing the rabbit with her little round tail. Or you could use a rabbit puppet.



Wolf section - 02:33-03:42

Bedtime story suggestions

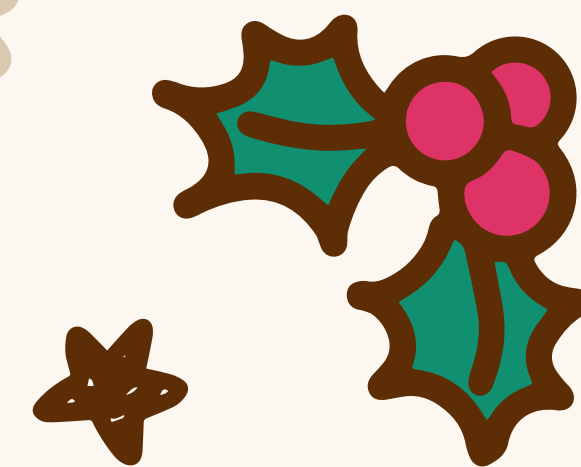
To create a fun storytelling experience, use a large scarf to cover yourself and your child during the dark part of the story, then reveal it when the moon returns. A navy blue or black scarf works well, but any color is fine. Children often prefer something slightly see-through. Alternatively, cover a large card circle with silver foil, hide it behind your back, and reveal it again when the moon reappears.



Additional classroom suggestions

Use some fur-fabric mittens to represent the wolf. Let your learners all feel these. Or try a wolf puppet!





Part five

**From: “As Little Bear Turned...” to
“...lost and scared.”**

03:42-04:08

Bedtime story suggestions

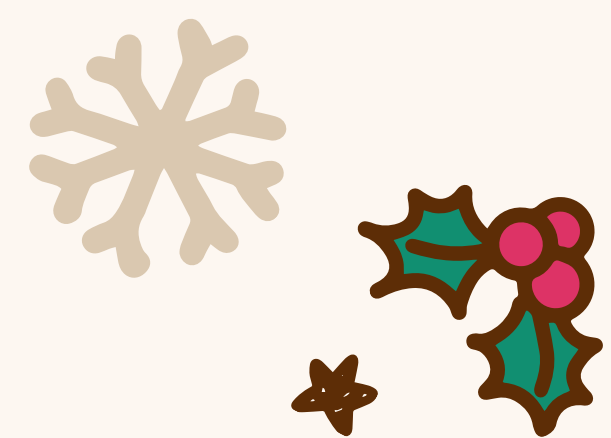
Use white confetti for the snow and let this gently fall on your child as above. Or cut up some tiny pieces of white tissue paper to use.



Additional classroom suggestions

Try blowing gently into a whistle to make wind noises for this section.





Part six

From: **“But then he remembered...” to
“...rushed towards it.”**

04:08-04:37

Bedtime story suggestions

Repeat each of the dream props you used before as Little Bear thinks about the dreams he has heard.

Part seven

From: **“You’re back...” to “...all the way
to Spring.” 04:37-end**



Bedtime story suggestions

Tuck your child up in their favourite blanket to mimic the ‘snuggling down’ of the two bears.

Additional classroom suggestions

Use some wind chimes or something like make a dreamlike noise at the end. You could finish with some birdsong, using a bird whistle or sound effect.



Audiobook two:

Father Christmas Needs a Wee! By Nicholas Allan


At each house that he visits Father Christmas drinks and eats all the goodies left out for him. Before long he really, really, really needs a wee. So much so that he even forgets to leave the presents behind.

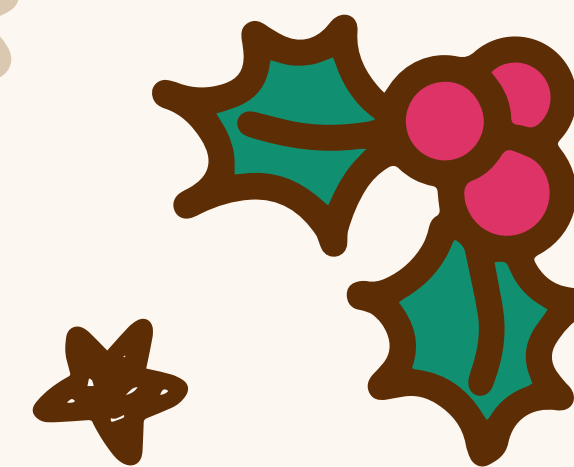
This silly story is sure to make a fun, festive, sensory experience!





Notes on this audiobook

- This is a lively, interactive story – have fun role-playing the actions and making silly noises.
 - Every time the narrator says ‘Father Christmas needs a wee’ you could do a little jiggle and groan and encourage your child to join in. This ‘dance’ could get more exaggerated as the story goes on.
 - You don’t need all the props – sharing a few props can be fun too. Try putting objects together like a big wooden spoon to stir a small cup of hot chocolate.
 - Don’t worry about having the correct number of objects. If your child enjoys counting, you could count and match objects to one or two of the pages after you’ve finished listening to the audiobook.
 - If you’re sharing this story with a group of children you may want to have multiples of props and other adults to help you – otherwise it might be difficult to keep up.
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Part one

From: “Father Christmas needs a wee...” to “...and then.”
track 3, 00:00-03:07

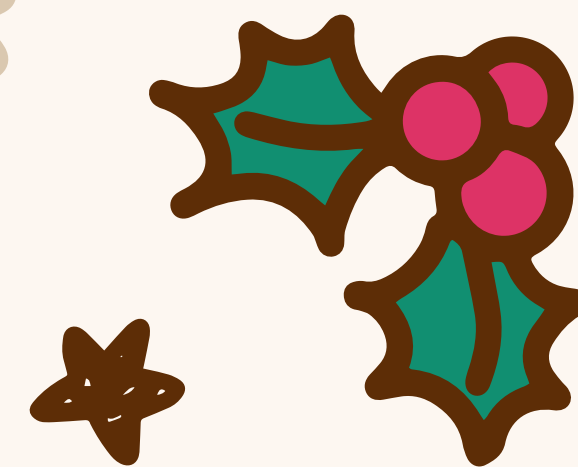
Gather a variety of different bowls, cups, beakers, spoons and straws.
Try to include as many different kinds as possible: china teacup, plastic tumbler, wooden spoon, folding camping cup etc.



As you listen to this section of the story encourage your child to choose different mugs and utensils and stir the ‘stew’, ‘tea’, ‘juice’ etc. Have fun, make lots of noise and try mimicking the sounds that Santa is making.



Alternatively, you could try adding in smells as you listen to this section: hot chocolate, earl grey tea, spices for the pies, strawberry milkshake powder, lemons and jasmine tea. (Be careful to avoid eye contact with things like spices and lemons.)



Part two

**From: “At Number 10 he left ten pens...”
to “...and so, at last, his work is done!”**

03:33-05:55

For Santa’s presents:

- Try putting pens in a pencil case and rattling them around.
- Bang a couple of hardback books together for the ‘nursery rhymes.’
- A fidget spinner would work well for the spinning wheel of the roller skates. (Or some actual roller skates!)
- Put some lego bricks (or something similar) in an old sweetie box or tin and give this a rattle for the sweets.
- Shake a bag of wooden bricks and let your child feel the bricks in the bag.
- ‘Drive’ a toy car up the arm of your child.
- Choose your child’s fiercest cuddly toy and make it roar.

For the Christmas tree either use a pine tree branch or some tinsel or other decorations. Have fun mooing like a cow! ‘Run’ like the pup – drumming your feet lightly on the ground to make running noises.





Part three

From: “And now it’s time for him to flee...” to “...we hear him roar. ”

05:55-07:10

Bang together two lids (e.g. from laundry detergent bottles) for the ‘clip clop’ of the reindeer hooves. Trace a line up your child’s arm as Santa ‘rises high’. Stomp your legs up and down as Santa goes up the stairs. Then clap your hands together for the slam of the loo door.

You could finish by dramatically unravelling lots of toilet paper – this is always a popular activity. (But you may feel that this is something you would rather not encourage your child!).





THANKS FOR LISTENING!

We hope you had fun. Merry Christmas from Calibre Audio. Special thanks to My Kind of Book for compiling the sensory ideas.