

# Autumn Sensations

## Areas of Learning

### Primary

Personal Development and Mutual Understanding

### Post-Primary

Learning for Life and Work (Personal Development)

## Setting the Scene

This activity is about awakening and stimulating each of the learners' sensory systems by using resources related to autumn. Some of these have been listed, but the list is not exhaustive. You can add variations of your own. The activity can be used one-to-one, or with a small group of learners.

## What to Do

Dim the lighting and roll up the learners' trousers and sleeves to allow maximum contact with parts of their bodies.

Introducing one resource at a time, encourage the learner to explore the item through the appropriate senses.

Some suggestions are:

### I have a body

- Use a hand fan or hand-held battery fan to blow air over bare arms, legs, body, face and neck, if appropriate.

### I have eyes

- Help the learners to explore replica squirrels, foxes, birds and hedgehogs.

### I have ears

- Listen to the sound of leaves crunching. Use sounds recorded on a switch device if leaves are not available.

### I have a mouth

- Give learners a small teaspoonful of stewed spiced apple to taste.

### I have a nose

- Place a small drop of pine oil onto a cotton wool ball for learners to smell.
- I have skin to touch.
- Place autumn leaves onto a tray and encourage the learners to feel and explore with various body parts.

For more information on the theory behind sensology, see Flo Longhorn *The Sensory Workout – Waking Up the Senses*.

## What You Need

You will need an identified sensory cue, song or poem to introduce and to conclude the activity. Here are some suggestions for sensory resources associated with autumn:

### Smell

Containing different scents such as pine, blackberry, apple cloves, spiced apple and ginger:

- Air fresheners
- Oils
- Candles
- Shampoos
- Aroma cubes

### Tactile

- Conkers
- Leaves
- Straw
- Bird seed
- Monkey nuts and walnuts (if appropriate)
- Apples
- Pine cones
- Scarecrow
- Replica animals, such as squirrels, foxes, birds and hedgehogs
- Hand or battery-operated fan

### Taste

- Apple flavoured jams
- Apples
- Apple juice
- Toffee apples
- Chocolate apples
- Apple tarts
- Cinnamon
- Ginger
- Cloves
- Gingerbread men
- Pumpkin soup and nuts (be aware of any allergies)

### Visual

- Seasonal light-up gadgets, or apps
- Replica or puppet squirrels, foxes, birds or hedgehogs
- Conkers, pine cones, apples, leaves, monkey nuts, walnuts

### Sound

Switch device with sounds of autumn such as:

- Wind
- Crunching leaves
- Rain
- Birds singing
- Tractors ploughing in the fields

