

## Sensory Nursery Rhyme Ideas



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**Sensory Play** is the foundation for everything you do as an adult. For children, it's a time to practice taking in new information in order to make sense of the world around them. Sensory play helps to develop social skills, fine/gross motor skills, problem solving skills and aids to develop and enhance memory.

Some children with a visual impairment may lack the visual motivation needed to explore independently. Others may have difficulty understanding what they are seeing. Therefore, it is important to provide them with extra encouragement and opportunities to explore through sensory play, to support their overall development.

**Nursery Rhymes** also provide wonderful learning opportunities for young children to develop key developmental skills such as language and communication, physical development (actions), creative development and support their understanding of the world around them. The familiar and repetitive melodies also provide comfort and can be calming in new or uncomfortable situations.

This document provides simple ideas for how to combine these two powerful tools. Sensory play will enrich your child's learning experience with nursery rhymes. While at the same time nursery rhymes will enhance your child's understanding and provide comfort as they experience new things.



## Getting Started

### Set up

Decide which nursery rhyme you would like to introduce and gather the corresponding texture suggested. You can place this texture on the table or floor or in a shallow tray.

### Positions for Play

This activity can be carried out in any position for example; **lying, sitting, standing, high kneeling or during tummy time** (on a mat, over your lap or a therapy ball).



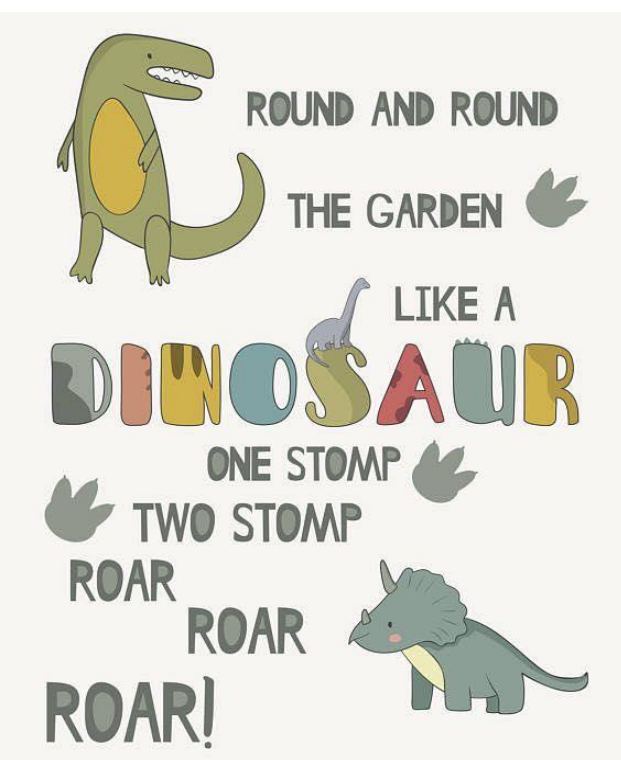
## Tips to Support Your Child's Engagement

New experiences can be scary or overwhelming for all children, particularly if a child has a visual impairment. The following suggestions are a guide to support your child to engage at their own pace and have fun.

- **Begin with massage activity (See Dinosaur rhyme).** This deep pressure calms our bodies and helps us to get ready to explore and learn.
- **Introduce song/texture** verbally first to prepare your child. E.g. "Time for Twinkle, Twinkle"
- Music adds calming auditory input. **However, be mindful of how loud or softly you sing or play the songs** and adjust to your child's preference.
- **Slowly encourage them to explore the texture with both hands**, gently touch the texture on palm and back of hands, use hand over hand to guide them to hold and explore it or use it for some actions. **If they are not comfortable touching something do not force them.**
- **Allow time to process new information.** You may spend one week on a sensory nursery rhyme before moving onto a new one. Encourage them to explore the new texture a little more every day. Begin with dry textures first.
- Make sure the activity has a **clear ending** to support transition. See Page 6.
- **Make sure to supervise your child at all times during these activities.**



## Rhyme



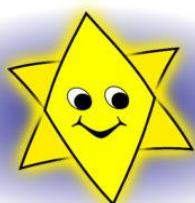
## Sensory Experience



Round and round . . . Dinosaur  
(Massage your child's hand gently)  
One stomp, two . . . Roar, Roar  
(Give gentle squeezes up along your  
child's arm.)  
Repeat on other hand.

## Twinkle, Twinkle Little Star

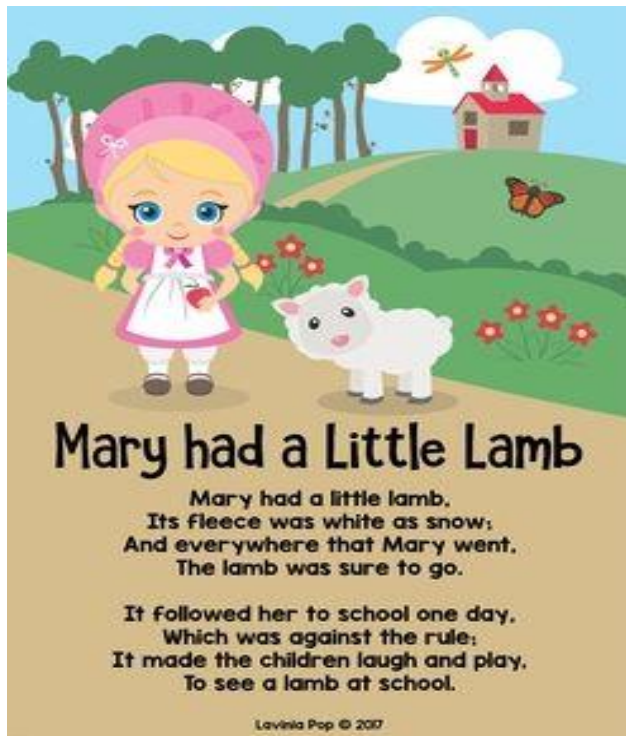
Twinkle, twinkle little star,  
How I wonder what you are.  
Up above the world so high,  
Like a diamond in the sky.  
Twinkle, twinkle little star,  
How I wonder what you are.



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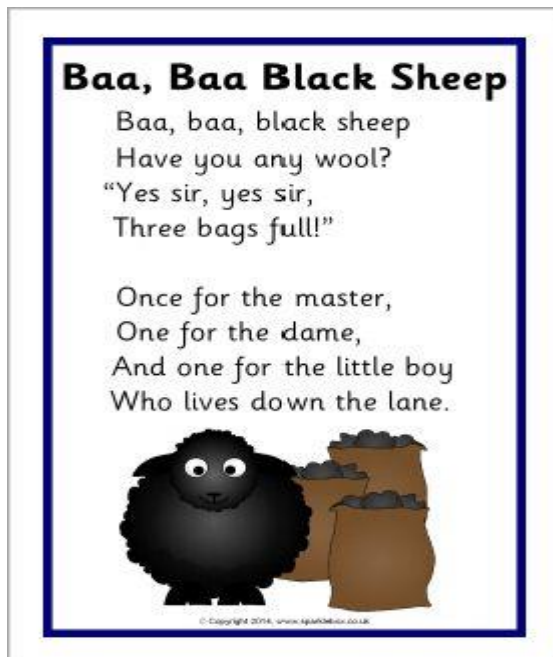
Fairy Lights or Bells



<https://www.youtube.com/watch?v=CkRdvGmcCBE&vl=en>



Cotton Wool or a Sheep Plush Toy



<https://www.youtube.com/watch?v=i7ygKQunfmE>



Yarn/Wool



## Pat-a-Cake

Pat-a-cake, pat-a-cake, baker's man.  
Bake me a cake as fast as you can.  
Pat it and prick it and mark it with 'B'.  
Then put it in the oven for baby and me.



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<https://www.youtube.com/watch?v=H2mYcLu93K4>



Edible Playdoh

<https://www.diynatural.com/homemade-playdough-recipe/>

## Ring-A-Ring O'Roses

Ring-A-Ring O'Roses.  
A pocketful of posies,  
A-tishoo! A-tishoo!  
We all fall down.



<https://www.youtube.com/watch?v=k2KMnpD46jl>



Tissue Paper

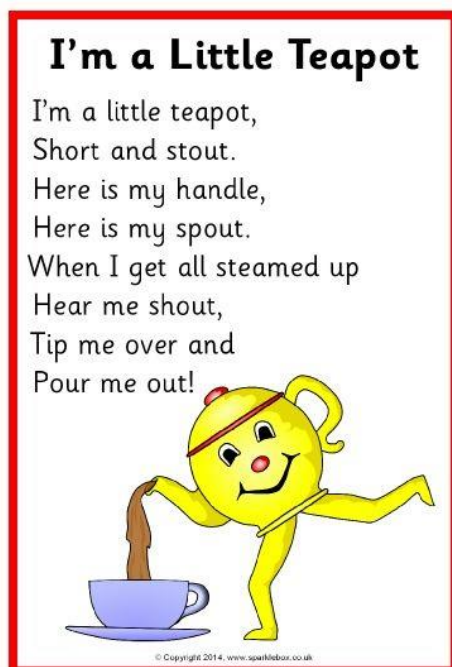


<https://www.youtube.com/watch?v=Zu6o23Pu0Do>



Squeeze a sponge/ Pour water

(Encourage your child to squeeze the sponge or if they prefer, you squeeze the sponge so that the water trickles on their hand and/or they hear the sound.)



<https://www.youtube.com/watch?v=B6en-O5yF0o>



Toy Teapot with or without water

(Encourage your child to explore handle spout and practice pouring action)



## Incy Wincy Spider

Incy Wincy Spider  
Climbed up the water spout.  
Down came the rain  
And washed poor Incy out.  
Out came the sunshine  
And dried up all the rain.  
And Incy Wincy Spider  
Climbed up the spout again.



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<https://www.youtube.com/watch?v=buE6l32rCho>



Sredded Paper or Packaging Filller

## Five Speckled Frogs

Five little speckled frogs  
Sat on a speckled log  
Eating the most delicious  
bugs (yum yum)  
One jumped into the pool  
Where it was nice and cool  
Then there were four green  
speckled frogs. (Splash Splash!)



[https://www.youtube.com/watch?v=WSC-gHBU\\_d0](https://www.youtube.com/watch?v=WSC-gHBU_d0)

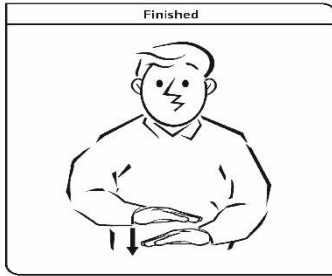


Aluminium Foil (can add frog toys if child is older)

(Encourage to tap and scrunch to make splashing sounds.)

**Finished Song**  
**(Tune of Twinkle Little Star)**

Now we're finished having fun,  
Our sensory play time is all done!



Tap flat hand on back of other hand  
twice with palms facing downward  
towards floor.

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- Make sure sensory play time has a clear ending. This will support transitions helping your child to understand the activity is over and its time to move on.
- End the activity with calming input by massaging your child's hand while singing finished song.



- If you use Lamh or Canaan Barrie signs with your child, the sign for "finished" can also be used at the end of the song.



## Sensory Nursery Rhyme Sack

Once your child is comfortable with touching and exploring many individual textures, you can expand sensory nursery rhyme play by creating a nursery rhyme sack. This involves gathering multiple textures and objects, relating to a particular rhyme, for you and your child to explore and talk about.

### Example Nursery Rhyme

## One, Two, Buckle My Shoe

1, 2, buckle my shoe.  
3, 4, shut the door.  
5, 6, pick up sticks.  
7, 8, lay them straight.  
9, 10, a big fat hen!



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### Example of Sensory Items for Sack

**Shoe with Velcro or large buckle.**



**A Book or Folder that opens.**



**Sticks from the garden, ice-cream/craft sticks or edible bread sticks.**



**A tin tray large enough to lay the sticks in.**

**A soft hen toy, a rubber squeaky hen or a recorded hen sound and feather.**



## **Suggestions for Use**



Introduce the relevant items as you say the rhyme. Ensure your child is given enough time to explore one item before moving to the next part of the rhyme. Use hand over hand, if needed and demonstrate actions to prompt exploring. Explain when item is finished (e.g. "shoe is finished") and allow your child to assist placing it back in the bag or sack, then move on to next item.

**One two, buckle my shoe . . .**

- Allow your child to explore the shoe.
- Explore open and closing the Velcro. Listen to the sound



**Three, four, shut (close) the door . . .**

- Explore opening and closing a book.
- Listen to the sound of it closing
- A hardback book will have more weight to feel when closing.



**Five, Six, pick up sticks . . .**

- Explore the sticks with hands and fingers (mouth too if using breadsticks!)
- Make noise and tap with the sticks, use two hands.



**Seven, Eight, lay them straight. . .**

- Transfer the sticks onto the tin tray.
- Listen to the sound as they go on.
- Count the sticks.



**Nine, ten, a big fat (loud) hen . . .**

Depending on your item;

- Touch and squish the soft toy.
- Squeeze the hen to make a sound.
- Touch the feathers and push the button for recorded sound.

