



Dear Santa...
A Multisensory Christmas Poem



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'Dear Santa' - A Rhyming Multisensory Story Copyright © Victoria Navin 2020 All Rights Reserved.

This booklet will guide you and the story explorer through a festive multisensory poem.

You will find a **Q & A** section at the back of this booklet.

⚠ Before we start our magical adventure we have to complete our health and safety checks. Please read the information below.

The author has used their best efforts in preparing this story and makes no representation or warranties with respect to the accuracy, applicability, fitness or completeness to the contents. The information in this story is for pleasure and educational purposes only. If you wish to apply any ideas contained in this book you are taking full responsibility for your actions. If you are in any doubt regarding undertaking any activity or using a prop then seek advice before starting.

⚠ Not suitable for children under the age of 3.

⚠ These activities are designed to be led and supervised by a responsible adult at all times.

⚠ Be aware of choking hazards.

⚠ Check the ingredients in any items you may be using for potential food or skin allergies or reactions. If you see any signs of redness, swelling or other symptoms of a suspected reaction seek immediate medical advice.

⚠ The interactions should be led by the story participant who should be allowed to participate without expectation. Never force stimuli and stop the activity if the story participant shows signs they are not enjoying the activity.

Congratulations! 😊 You have passed your health & safety check.

Have a read through the poem then we will prepare our story props.

Dear Santa - Poem

Dear Santa...

I'm writing my letter early this year
As you get lots of mail from children I hear
I've tried really hard everyday to be good
To share and be kind...just as much as you should!
Here's a few ideas of things I would like
Some Play-Doh, bubbles and a shiny red trike
A toy car, a boat and a jet plane
Some track for my station, a very fast train
A whistle, tambourine and a very loud drum
A Tuff Tray and slime, now that will be fun!
I would like a new physio ball, my old one's gone flat
And for my new trike, a shiny hard hat
You can bring me some chocolate and toffees to chew
An orange, some nuts ...well just a few

Dear Santa - Poem

*A Koosh, a torch and some lights for my tent
I will make good use, it will be money well spent
...And one more thing I forgot to tell
For my red trike, a shiny new bell
Mum says I must write for my sister who's two
Bring her a doll - any type will do
I will look for you Santa, high in the sky
And leave you some milk and a tasty mince pie
I must go now as it's getting quite late
Thank you Dear Santa*

Johnny Aged 8

Checklist of Resources – Story Props

💡 You will not need all of the items listed.

There are different prop options within the story, you can also add your own!

Paper/ Envelope/Pencils/Pens/Felts/Crayons/Toy Catalogue/Printed Resources (see Pgs 24-28) ✓

Bubbles/toy car/cardboard tube/paint✓

Drum ✓

Physio ball ✓

Chocolate ✓

Torch/LED Lights/Bell ✓

Doll✓

Mince pie ✓

Clock or watch✓



How to Tell a Multisensory Story

✈ Choose a quiet, distraction free place that is comfortable for you and the story participator, who from now on, for ease of reading, I will refer to as the 'explorer'

✈ Set out your resources where they are easily accessible to you but out of reach and sight of the explorer.

✈ Place the first story prop into the story bag.

✈ The story is set out in a three column table format:

'STORY'

'PROP'

'SENSORY EXPERIENCE'

Read each sentence of the **STORY** slowly and clearly, introducing the story **PROP** as the corresponding word (highlighted in red lettering) of the sentence appears. Provide the **SENSORY EXPERIENCE**.

✈ Allow the explorer time to engage their senses exploring the prop and to process the sensory experience. This will give you plenty of time to place the next prop into the story bag.

✈ Use a variety of facial expressions, gestures and animated voices to add interest and communicate meaning.

✈ Work through the story at the explorer's pace. It should be a relaxing and enjoyable experience for you both. You do not have to complete the story in one sitting. You can explore one or two sentences adding to the story in the next sitting. It may take several sessions to complete the story.

✈ Repetition is the key! The more exposure the explorer has to the story, the more familiar they will become with it.

✈ Focus on having fun and it will become an educational experience!

Dear Santa - The Letter

STORY

Dear Santa I'm writing my **letter** early this year

As you get lots of mail from children I hear

I've tried really hard everyday to be good

To share and be kind...just as you should.

PROP

Envelope
Paper
Pencil/Crayons/
Chalks

Pictures from
pages 24-28

Toy Catalogue

SENSORY EXPERIENCE

Write a **letter** to Santa

Explore mark making using a variety of materials, pencils, crayons, chalks.

Use the **pictures** from pages 24-28 or a **toy catalogue**. Can the explorer choose the items they would like to add to their letter to Santa?

Can the explorer stick the **pictures** onto their **letter** to Santa independently?

Practice fine motor skills, can the explorer fold their **letter** and place it in the **envelope**?



Dear Santa - Bubbles

STORY

Here's a few ideas of things I would like

Some Play-Doh, bubbles and a shiny red trike

PROP

Bubbles

SENSORY EXPERIENCE

Build anticipation skills. Give the cue *'Ready...Steady...'* then wait for a prompt from the explorer (this could be an eye movement, nod of the head, pointing, sign or verbally) Say *'Go!'* then blow the bubbles.

Blow the bubble mixture through the wand slowly to form giant bubbles that will float and wobble in the air.

Can the explorer track and pop the bubbles using their finger?

Engage the sense of hearing. Listen to the bubbles 'pop'

Can the explorer communicate a request for 'more?'

Can the explorer independently blow the bubbles?



Dear Santa - A Toy Car

STORY

A **toy car**, a boat and a jet plane

Some track for my station, a very fast train

PROP

Toy Car

Cardboard Tube

Paint

SENSORY EXPERIENCE

Practice turn taking skills.

Roll the **toy car** to the explorer.

Can they roll the **toy car** back to you?

Reinforce using the language **'My turn...Your turn'**

Build anticipation skills.

Roll the **toy car** down a cardboard tube.

Can the explorer catch the **car** as it emerges from the tube?

Can the explorer dip the wheels of the **toy car** into paint then push the vehicle along a clean sheet of paper to mark make?



Dear Santa - A Drum

STORY

A whistle, tambourine and a very loud drum

A tuff tray and slime, now that will be fun!

PROP

Drum

SENSORY EXPERIENCE

Play a beat on the **drum**.

Can the explorer communicate a request to listen to the sound again?

Can the explorer play the **drum** using their hands or a drumstick?

Play a sequence of beats on the **drum**.

Can the explorer copy your beat?



Dear Santa - Physio Ball

STORY

I would like a new **physio ball** my **Physio Ball**
old ones gone flat

And for my new trike, a shiny
hard hat

PROP

Physio Ball

SENSORY EXPERIENCE

Explore exercises with the **physio ball**:

1. With the explorer lying flat on their front, roll the ball up and down their back using very gentle pressure.
2. Encourage the explorer to sit at the table on their physio ball with placing their feet on the floor using a tall relaxed posture.
3. Encourage the explorer to lay forwards over the exercise ball then roll forwards and backwards touching the floor with their feet and hands to balance.

⚠ Always ensure exercises are supervised by a responsible adult and practised in a safe, hazard free environment.



Dear Santa - Chocolate

STORY

You can bring me chocolate and toffees to chew

An orange and nuts, well, just a few

PROP

Chocolate

SENSORY EXPERIENCE

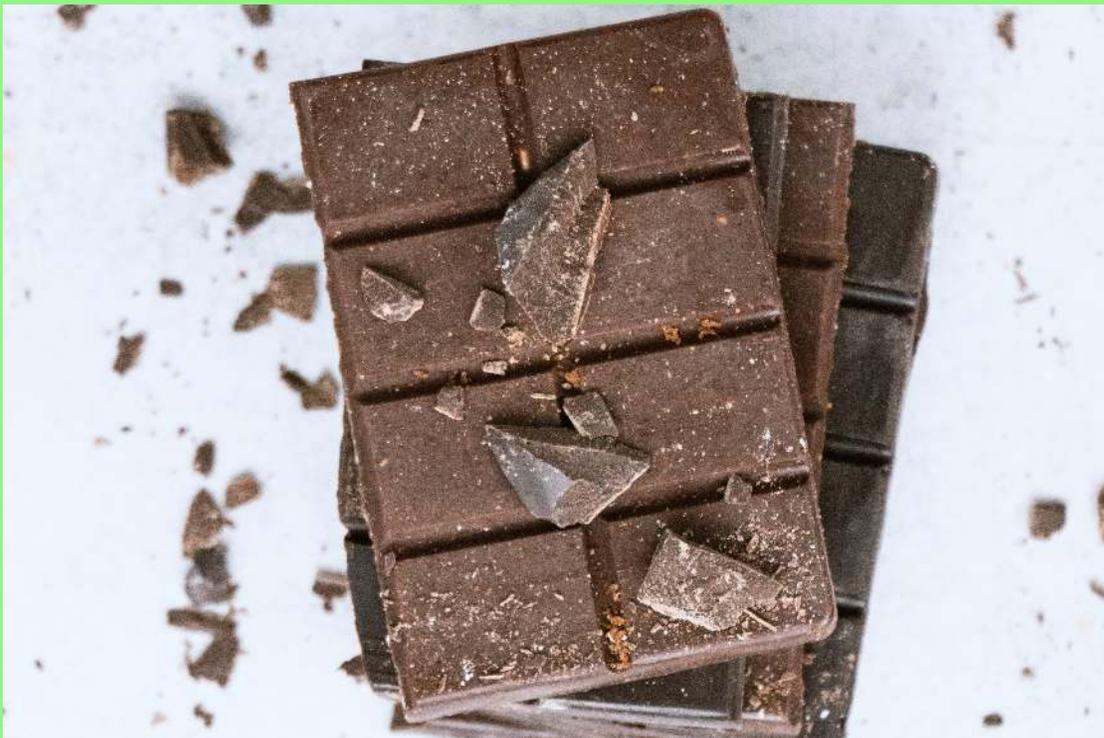
Encourage the explorer to smell the earthy aroma of the **chocolate**.

Place the **chocolate** in a small container and seal shut. Give the container to the explorer.

Can they open the container to remove the **chocolate**?

Can they communicate a request for help through eye gaze, pointing, verbally or using a 'help' symbol?

Can they communicate a request for 'more'



Dear Santa - A Torch

STORY

A Koosh, a **torch** and some lights for my tent

I will make good use - it will be money well spent!

...and one more thing I forgot to tell
For my red trike, a bright shiny **bell**

PROP

Torch
LED
Lights

Bicycle
Bell

SENSORY EXPERIENCE

Dim the lights in the room.

Engage the explorer's sense of sight.

Shine the **torch** onto the explorer's lap tray, the table, the floor and around the ceiling.

Can the explorer track the light?

Can the explorer switch the **torch** on and off?

Can the explorer independently use the **torch**?

Ring the bicycle **bell** behind the explorer's head.

Can the explorer turn their head to track the noise?

Can the explorer communicate a request to listen to the sound again?

Can the explorer activate the **bell** independently?



Dear Santa - A Doll

STORY

My Mum says I must write for my sister who's two

So bring her a **doll** - any type will do

PROP

Makaton sign for 'sister'

Doll

SENSORY EXPERIENCE

To sign '**sister**' using Makaton, curl the index finger and tap twice on your nose.

Present the **doll** for free exploration.



Dear Santa - Mince Pies

STORY

I will look for you high in the sky
And leave you some milk and a
tasty mince pie

PROP

Mince Pie

SENSORY EXPERIENCE

Engage the explorer's sense of smell as you break open the mince pie to reveal the dried fruit and spices.

Offer the mince pie to the explorer to taste.



Dear Santa - Thank You!

STORY

I must go now as it is getting quite **late**

Thank you dear Santa

Johnny - Aged 8

PROP

Watch or clock

Makaton Sign 'Thank You'

SENSORY EXPERIENCE

Look at and point to your **watch** or a **clock**.

To sign **Thank You** using Makaton, your flat hand starts with fingertips on chin then moves down and away from the body.



Christmas Listening Game

♪ A quick search on the internet will provide you with access to a library of Christmas themed audio clips and sound effects.

♪ These can be played via your phone, iPad, Kindle or recorded to be played back on a Dictaphone or Talking Tile, Multi Memo Recorder or other device.

♪ Play Christmas-themed sound effects for the explorer to experience e.g. sleigh bells, 'Ho Ho Ho', carol singing, the rustle of wrapping paper as presents are opening, Christmas cracker being pulled, reindeer bark, log fire, cutlery (eating Christmas dinner)

♪ Can the explorer communicate a request for 'more' to listen to a motivating sound again?

♪ Can the explorer activate the listening device independently?

♪ Can the explorer imitate the noise?

♪ Can the explorer correctly identify the sound?

♪ Experiment with different levels of sound.

♪ Take note of any preferences.



Christmas Sensory Bag

Sensory or feely bags are a cheap and fun way to engage the senses and develop language skills. This activity will also build on the explorer's memory skills.

☞ Choose a non-see through bag that is tactile and catches the eye.

☞ Place the items from the poem into the bag: Play-Doh, bubbles, toy car, torch, LED lights, bell, drum, chocolate,

☞ Give the bag a gentle shake to gain the explorer's attention.

☞ Invite the explorer to place their hand into the bag and select an item.

☞ Encourage the explorer to use their sense of smell, touch, hearing and taste to guess what the item is? (If the learner is unsure then provide plenty of clues.)

☞ Build functional language skills by asking the explorer to tell you or show you what you might do with the item and where you might find it. (If the learner is unsure, model what to do with the item and see if they can copy your action.)

☞ Allow the explorer time to explore the item and process the information then shake your bag again for them to select another item.

☞ Keep language simple. Focus on phrases such as 'Choose' or 'Take one' when offering the bag to the learner to select an item. Focus on the name of the object e.g 'drum' 'bubbles', 'bell', 'torch' and two-word phrases e.g: red car'. Depending on the ability of the learner you may choose to add verbs such as eat and blow.

40 Festive Activities

Write a letter to Santa!

Make Mince Pies

Buy an item for the food bank

Make a snow globe

Sing a Christmas Carol

Feed the birds! (Don't forget to give them fresh water!)

Read a Christmas Story

Watch a Christmas Film

Go for a winter nature hunt and collect fir cones, holly, mistletoe and fir tree branches

Decorate your bedroom

Wear a Christmas jumper



Make Christmas Decorations

Roast marshmallows

Build a snowman

Have a snowball fight!

Decorate a gingerbread house

Make a Christmas card

Ring a friend or relative you haven't seen or spoken to for a while

Drink hot chocolate

Go Christmas tree spotting.

Guided Relaxation Overview

Overview

There are many benefits of meditation for children and teenagers including increased concentration and relaxation. It promotes emotional health providing a feeling of positivity and mental well-being reducing stress and anxiety, lengthens attention span, concentration and improves sleep.

Guided relaxation is generally considered a safe activity as it is the practice of relaxation, stillness and calmness.

⚠ If you are in any doubt as to whether to partake in this activity seek advice.

⚠ If you choose to do this meditation, you agree that you use the information contained herein entirely at your own discretion.



- ✓ Settle the explorer into a position that is comfortable for them, this could be lying down or sitting.
- ✓ Dim the lights.
- ✓ Using a calm and gentle voice, slowly read through the guided adventure pausing between sentences.

The Sleigh Ride – A Guided Relaxation

Close your eyes and take a deep relaxing breath.

Imagine walking out of this room. You open the door and Santa is waiting outside for you with his reindeer.

I'm going to count the reindeer slowly and as I count you will feel more relaxed (*count slowly*)

One...Dasher... two...Prancer...three...Vixen...four...Comet...five...Cupid...six...Donner...seven...Blitzen...eight...Olive...and at the very front of the line is Rudolf. Can you see his shiny red nose? Would you like to stroke one of the reindeer?

Go ahead, choose your favourite. Can you feel how soft their fur is? Stroke their silky ears. Give them a tickle under their fluffy chin.

Santa is sat high on his sleigh. He is waving at you. You climb onto the sleigh and sink into the most comfortable squishy seat. You feel safe, happy and excited! You are going on a sleigh ride!

Prepare to fly! Santa starts the countdown...(*count slowly*) 10...9...8...7...6...5...4...3...2...1 Liftoff!

You feel a tickle in your tummy as the sleigh sweeps off into the sky. You can feel the wind in your hair. You look down and the houses and cars are getting smaller and smaller, they look like toys! Can you see the bright stars twinkling against the blackness of the night sky? Can you see how bright the moon is? You feel snug and safe as the reindeer effortlessly pull the sleigh along. Can you hear their bells jingling?

As you fly over the sea heading North you feel very relaxed and calm.

The reindeer are now flying towards land. It is covered in thick snow. Counting down to landing,

10...9...8...7...6...5...4...3...2...1 The reindeers' hooves gently touch the ground and the sleigh slowly skids to a stop in the thick snow.

You feel happy and excited as you step onto the thick snow. See how it glistens? Can you see the footprints you are leaving in the snow as you walk? Look up! Can you see the big flakes of snow falling from the sky. Can you catch a snowflake on your tongue and feel it melt?

Take your time as you explore the North Pole.

A Sleigh Ride – Guided Relaxation

It's almost time to go home. Take one last look around the North Pole.

This time, Rudolph asks if you would to ride home.

You climb onto his back. Can you feel how soft and warm his fur is? Can you smell him? He smells like a warm biscuit.

Rudolph tells you to hold onto his antlers. Prepare to fly! 10...9...8...7...6...5...4...3...2...1 liftoff!

You are flying amongst the twinkling stars. The moon is shining bright.

You fly back over the sea and head South. You feel safe, happy as you feel the wind in your hair.

You see the room where you are relaxing. Rudolph lands just outside the door.

You put your hand into you pocket and pull out a carrot. Can you feel how gently Rudolph takes this from your hand?

Give him one last hug and wave him goodbye/

Your journey is over for today but you can return to visit Santa and his reindeer in the North Pole any time you like because this is the power of you imagination!

When you are ready, wiggle your fingers and toes. Have a little stretch then slowly and gently open your eyes.



Make a List to Santa - Resources

Print out the pages from this pdf and enlarge the pictures.

Cut the pictures out.

Can the explorer show a preference and make choices?

Can the explorer glue their chosen pictures onto a letter to Santa?

☑ Option to extend this activity. Can the explorer match the words to the pictures?

💡 Alternatively, look through a toy catalogue together. Can the explorer turn the pages independently?



Bubbles



Play-Doh



Trike



Toy Car

Resources



Koosh



Torch



LED Lights



Bell

Resources



Whistle



Tambourine



Drum



Tuff Tray

Resources



Slime



Chocolate



Toffees



Physioball

Resources



Hat



Doll



Mince Pie



Thank You

What Is A Multisensory Story?

A multisensory story immerses the listener by telling a story using words and sensory stimuli (story props), connecting the individual to culture and literature in a way that is motivating and meaningful to their lives.

Who Are Multisensory Stories For?

Multisensory stories are aimed at individuals with special educational needs and learning disabilities from curious preschoolers to teenagers with complex needs. The stories form an excellent base on which to scaffold learning providing opportunities for the individual to work towards their personal learning goals and targets. The stories are also suitable for dementia patients in residential settings.

Are The Stories Only For Use In Educational Settings?

Absolutely not! The stories and poems are fully resourced, step by step guides, making them the perfect resource for Parents, Siblings, Guardians, Childminders, Early Years Educators, Teachers, HLTA's, TA's, Speech Therapists, Play Therapists, Support Workers, Activity Coordinators, Storytellers, Librarians and anyone with an interest in exploring storytelling through the senses in a fun and engaging way!

*Why **Rhyming** Multisensory Stories?*

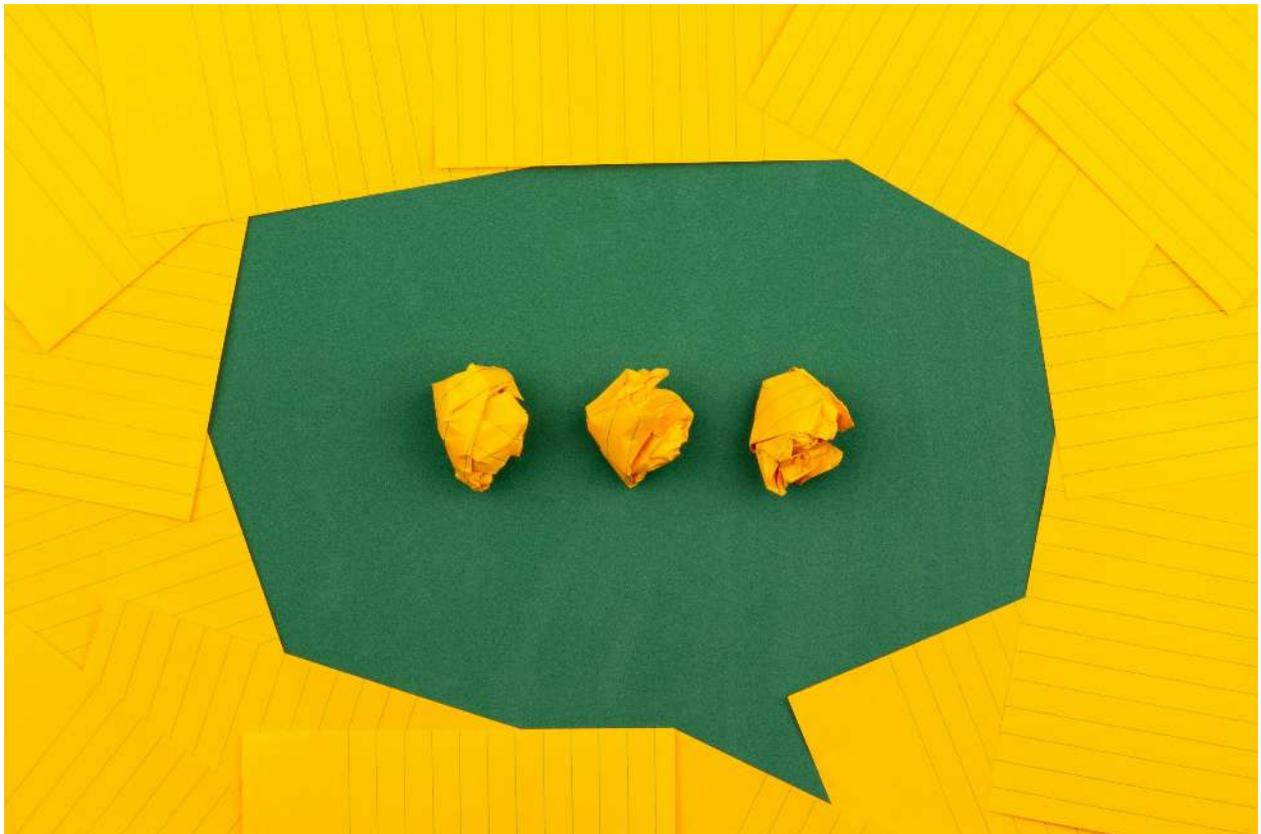
The combination of sensory stimuli, listening to the rhyme and rhythm and the repetitive structure of the stories, supports memory and aids learning, playing a crucial role in the development of early communication language skills; joint attention, eye-contact, turn-taking, anticipation and the learning of concepts.

What Are The Benefits Of Multisensory Storytelling?

Storytelling builds a bond between the storyteller and the listener, enhancing well-being and enriching experiences. Exposure to sensory stimuli allows the listener to engage with new experiences to calm and alert the sensory system in a safe, therapeutic environment and use their senses to understand the world around them.

Can Multisensory Stories Build Communication Skills?

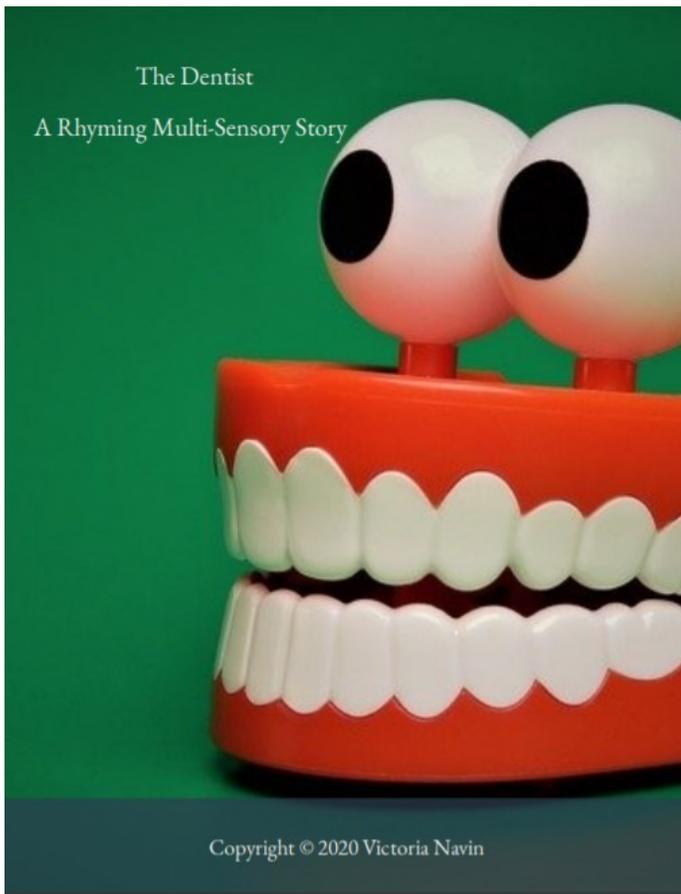
Sensory stories are an excellent motivating tool for encouraging alternative communication systems, early communication skills, Makaton, sign language and to facilitate PECS exchanges. The stories build the confidence of learners with speech impediments and communication difficulties as they have a physical (story) prop to support the words they are saying.





Rhyming Multisensory Stories

STORYTELLING THROUGH THE Senses 

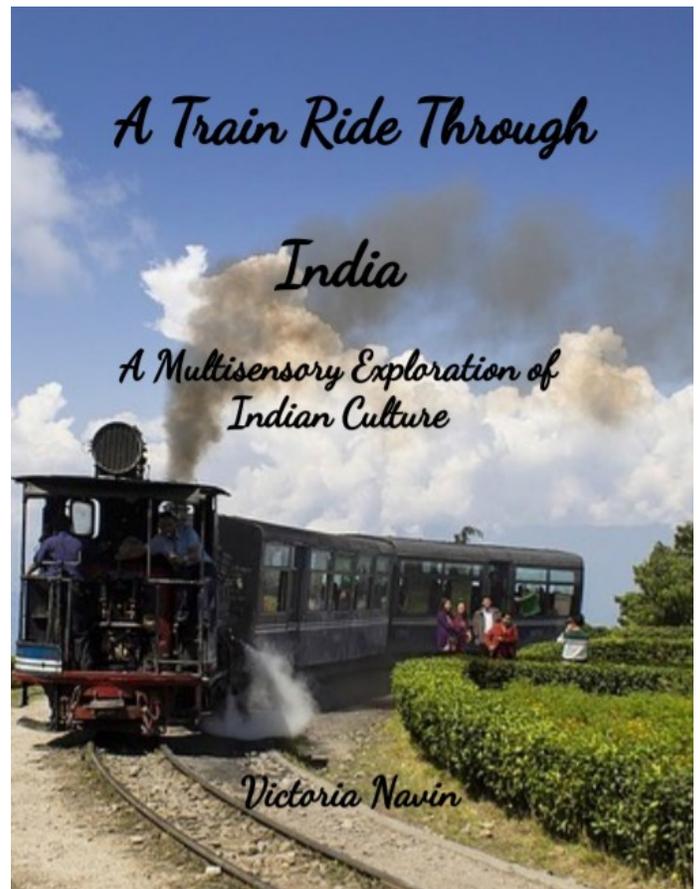
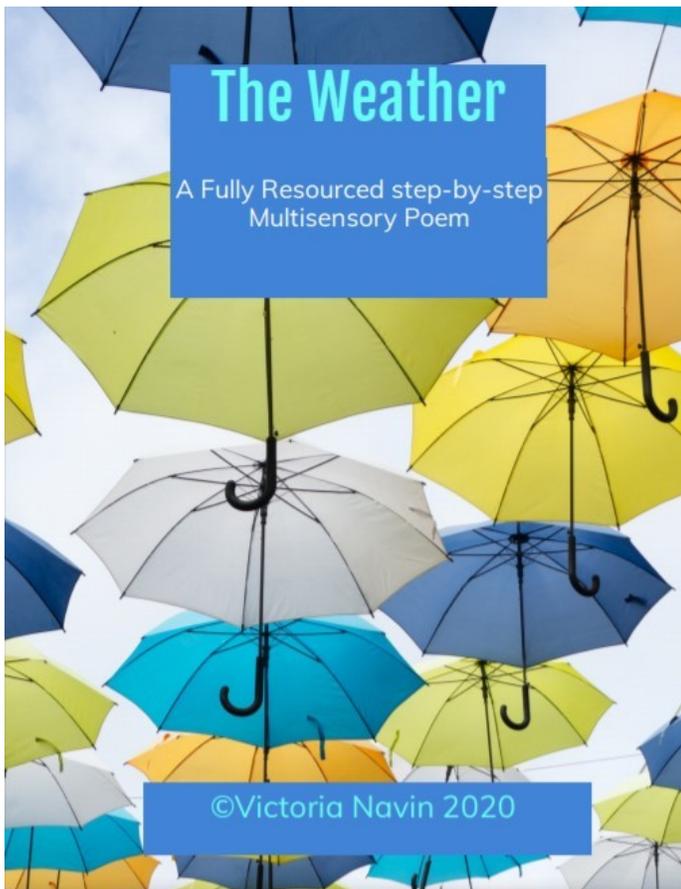


**The Dentist:
Helping individuals with SEND
overcome barriers to dental
hygiene.**

**The Haircut
Helping Individuals with SEND
overcome barriers to their hair care.**



Rhyming Multisensory Stories
STORYTELLING THROUGH THE Senses 



The Weather

A Multisensory exploration of the weather.

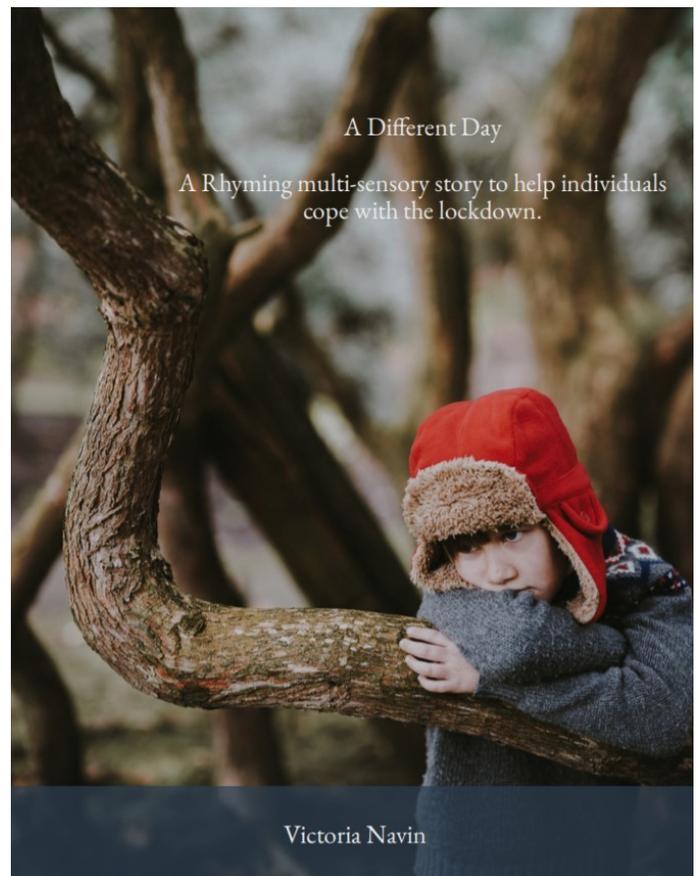
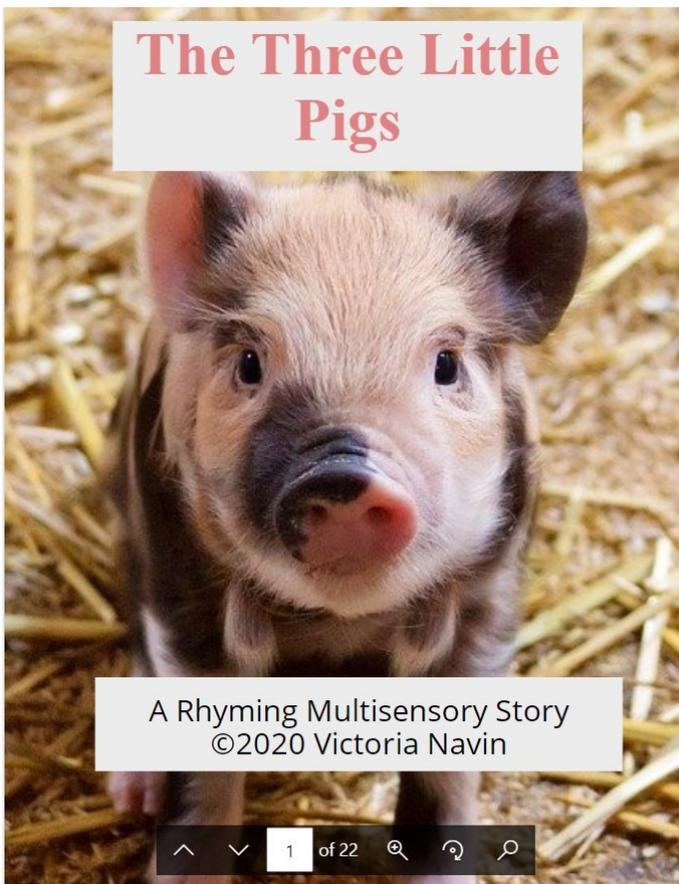
A Train Ride Through India

A multisensory exploration of Indian culture.



Rhyming Multisensory Stories

STORYTELLING THROUGH THE Senses 



The Three Little Pigs

Join the pigs on a multisensory adventure!

A Different Day

Helping individuals with SEND understand and cope with lockdown



Rhyming Multisensory Stories

STORYTELLING THROUGH THE **Senses** 

Your questions, queries, comments & feedback
are always welcome!

✉ email rhyningmultisensorystories@outlook.com

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Dear Santa

A Multisensory Christmas Poem

Join Johnny as he writes his letter to Santa with this fully resourced, step by step, multisensory poem & themed extension activities.

Multisensory stories tell a story through the senses in a fun and engaging way using props. The stories are adapted to suit a range of abilities from curious preschoolers to teenagers with complex needs.

Rhyming Multisensory Stories

Connecting individuals to literature, culture and topics in a way that is meaningful to their lives!

For more stories, poems, ideas and inspiration visit the website:

www.rhymingmultisensorystories.com



Rhyming Multisensory Stories
STORYTELLING THROUGH THE Senses 