

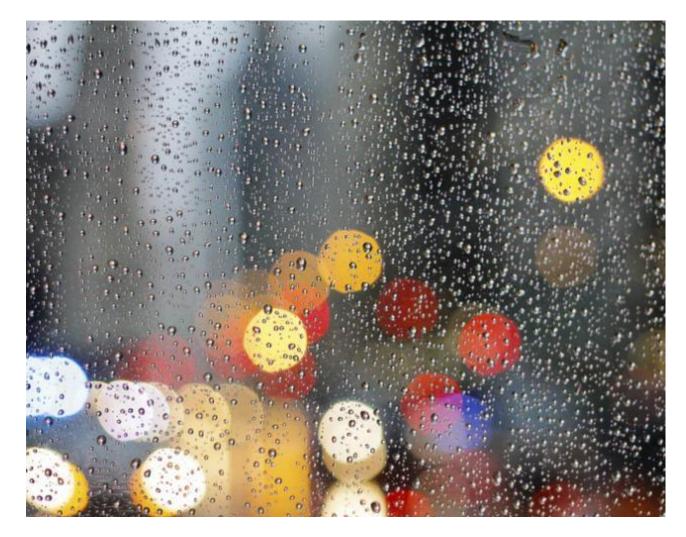
# **Puddle Jumper:** A Rainy Day Sensory Story



Joe White

## Rain on the window Watch it run down

### That means...



#### **Suggested Sensory Resources**

Empty pop bottle with small amount of water in.

Silver /white/blue confetti

#### **Suggested Movements**

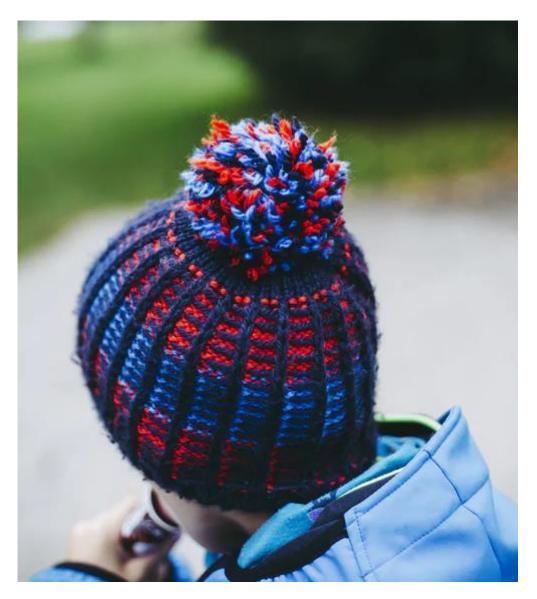
Wiggle fingers

Move arms down

Move head up and down slow

# Clothes on Dressed, thick and warm

### That means...



#### **Suggested Sensory Resources**

Warm Hat, scarf

Blanket

wool

#### **Suggested Movements**

Mime pulling hat on

Arms up and out

"hug" self

# Wellies Heavy, rubber and bendy

## That means...



**Suggested Sensory Resources** 

A Welly

Bendy fidgits

#### **Suggested Movements**

Bend at waist

Flop left and right

Relax lying down

# Outside Chilly, cold, damp

## That means...



Suggested Sensory Resources	Suggested Moveme
Fan	Shiver
ce cubes in bag	Wave arms
	Blow out

# Warm up Dance, run and bounce

### That means...



**Suggested Sensory Resources** 

Squeeze

Box of bouncy balls

Wave material

**Suggested Movements** 

Dance moves

Jump (or lift legs/arms)

Run in circle

# Puddles Perfect, bright and shiny

## That means...



Suggested Sensory Resources

Tin foil

Blue goop/slime

Light box

**Suggested Movements** 

Slowly spread arms/legs

Lie on floor

# Jumping Higher, up and up

## That means...



Suggested Sensory Resources

Rubber resistance bands

#### **Suggested Movements**

Jump (or hoist)

Reach arms up

Stretch

# Landing Both feet, deep

#### That means...



**Suggested Sensory Resources** 

Press against soles

**Suggested Movements** 

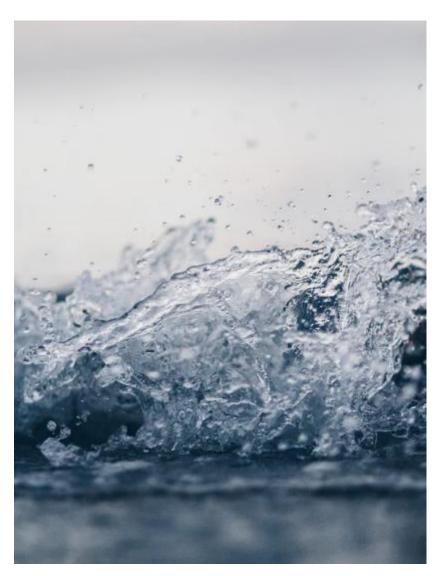
Bend knees

Feet together

Balance on one leg alternate

# Splashing, Ripples, waves and drops

#### That means...



#### **Suggested Sensory Resources**

Splash Sound effect

Water spray

Water tray

#### **Suggested Movements**

Wiggle on floor

Move hands out from chest

Bring hands together.

# Again Again and Again

## That means...



Suggested Sensory Resources

More water spray

Silver confetti

Splash sound effect

**Suggested Movements** 

Jump up and down

Row child's legs

# Soaking Soggy, wet clothes

#### That means..



**Suggested Sensory Resources** 

Wet cloth

Wring out cloth

**Suggested Movements** 

Wringing movement

Arms out to sides

Heavy walking

# Towel Hot Chocolate, dry

## The Puddle Jumpers.



**Suggested Sensory Resources** 

Hot chocolate to taste/smell

Hairdryer

Towel

**Suggested Movements** 

Shake body

Rub hands together

# The End

For The ripple makers The super splashers The puddle jumpers

