

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 fidgets

Suggested Movements

Bend at waist

Flop left and right

Relax lying down

Outside
Chilly, cold, damp

That means...



Suggested Sensory Resources

Fan

Ice cubes in bag

Suggested Movements

Shiver

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

