

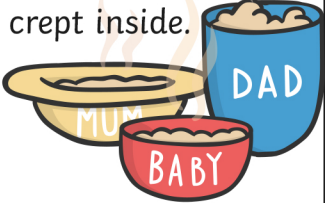
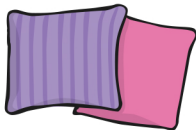



Goldilocks and the Three Bears

Sensory Story

	Activity	Resources
There once was a girl called Goldilocks.	Feel gold ribbon.  Weave through fingers.	Gold ribbon
In a nearby wood lived three bears.	Banging one, two, three on drum. Pause for response then repeat.	Drum 
One day, Goldilocks went for a walk in the forest and found a house. She knocked on the door, but nobody answered, so she crept inside. 	Tapping wooden instruments. Pass the instruments around with adults supporting. Bang one, two, three! Get faster and louder, then say 'ready steady stop!' Wait for a response and repeat.	Wooden claves, wooden beaters.
She found on the table 1,2,3 bowls of porridge. She tried the first bowl. Yuk! The Porridge was too hot.	All staff count "1,2,3" using loud voices. Tap out on students legs in time to the beat. Playdough made with porridge oats - microwave before lesson.	Hot playdough made with porridge oats.
She tried the second bowl. Yuk! The porridge was too cold.	Playdough made with porridge oats - put in freezer before lesson.	Cold playdough.
She tried the third bowl. Phew! The porridge was just right!	Playdough made with porridge oats at room temperature.	Room temperature playdough.
She then went in to the living room and saw 1,2,3 chairs. She sat on the first chair but Oh no! It was too hard.	Cushion with card inside to make it hard. Tap on cushion, press on knees or under hands/arms.	Cushion and card. 
She sat on the second chair but Oh no! The chair was too soft.	Fluffy cushion- stroke surface press on arm/hands and knees.	Fluffy cushion.
She sat on the third chair and Phew! The chair was just right.	Cushion with textures. Stroke and feel surface, press on arm/hands and knees.	Cushion with textures.
Goldilocks was feeling tired, so she went upstairs. She saw 1,2,3 beds! She lay on the first bed but Ow! The bed was too crunchy.	Feel the silver recovery blanket. 	Silver recovery blanket.

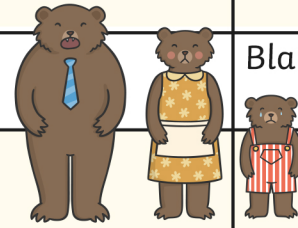
She lay on the second bed but Ow!
It was too soft.

Feel faux fur blanket

Faux fur blanket.

She lay on the third bed and Phew! It
was just right. Goldilocks fell asleep!

Feel normal
blanket



Blanket.

A little while later the bears
returned home.

'Someone has been sleeping in my
bed' shouted Daddy Bear.

Loud deep voice - keep physical
contact with students.

'Someone has been sleeping in my
bed' said Mummy Bear.

High loud voice - keep physical
contact with students.

'Someone has been sleeping in my bed'
Said Baby Bear 'and she's still there!'

Quiet squeaky voice - keep
physical contact with students.

Just then Goldilocks woke up!
She counted the bears
1,2,3! and screamed!

Scream and pause.
Wait for response and repeat
from 'she counted...'.
Repeat as appropriate.

Goldilocks ran home and never
went back to the forest again!

Running feet on ground,
tapping students feet.

