

Coronavirus Sensory Story

What?

This is a sensory story that aims to help children and young people make sense of the changes in their daily routine due to precautions around coronavirus and help to reduce anxieties.

Who?

Each child/young person should read this story with a member of staff.

The staff member delivering this story should be someone the child/young person is familiar with, e.g. 1:1, or someone who knows the child/young person well.

When?

Deliver this sensory story when the child / young person is in a calm, alert state.

Where?

The story should be delivered in a quiet, safe place with no distractions.

How?

Prepare the resources in the “resources” column. Make sure you have all the items before beginning.

Read the story and do the actions with the child /young person.

Important Things to Consider

Please choose the story that best fits the child/young person’s circumstances:

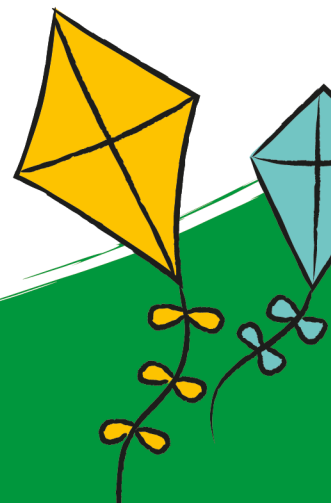
In School Houses / Shielded / At Home

Please consider the individual’s strengths and needs, e.g. if the individual has a visual impairment, they may not be able to see the symbol or sign.

Try to make the story as meaningful to the individual as possible by choosing resources that they find meaningful, i.e. song for handwashing, toy that represents something “fun”

Please monitor the child/young person’s response to the story.

This story was authored by Tina Chen, Specialist Occupational Therapist, Dr Louise Owen, Principal Clinical Psychologist, and Katrina Moore, Highly Specialist Speech and Language Therapist at The Children’s Trust.



Coronavirus Sensory Story: In School Houses

Story	Resource	Action
The coronavirus is a tiny germ. It can get on our hands.	Rice (Put rice in a bag if there is a risk of putting it in mouth)	Sign "small" (pinching motion with thumb and index finger, leaving a small gap) Explore rice then let it fall off hands
Germs can make people poorly. They can make people have a fever or cough	Something hot, e.g. hot towel Something cold, e.g. ice cube	Sign "ill" (point out little finger only, move down body) Feel the hot/cold
This makes people worried. No one likes being poorly.	"Worried" face symbol/drawing	Show the symbol Sign "worried" (claw shape with dominant hand, circular motion by temple)
(OPTIONAL) I might need to have my temperature taken.	(OPTIONAL) Thermometer	(OPTIONAL) Take temperature
We need to keep the germs away. I can help stay safe by washing my hands.	Song that child/young person likes	Listen to song Hand washing motion
Adults will wear gloves and an apron to keep me safe. (If relevant) Adults will sometimes wear a mask.	Photo of person wearing gloves and apron (If relevant) Photo of person wearing mask, gloves, apron	Show photo A (If relevant) Show photo B
I will stay on <i>House name</i> to do fun things.	"Fun" face symbol/drawing Object/toy that child enjoys playing with	Show the symbol Sign "fun" (make a v shape with thumb and index finger, place under chin, move outwards twice) Explore object/toy
I can still talk to my friends. I will still see my family.	Telephone/Skype/Facetime ringing sound (depending on what the child normally uses) Family/friends photo	Listen to sound Look at the photo
And I can go out for a walk.	Leaf/grass/flower	Sign "walk" (walk fingers from base of palm to fingertips) Feel the leaf/grass/flower
Things will be different, but we will keep the germs away. I will be safe.	Rice	Brush the rice into a tub/out of sight. Deep pressure/firm downward motion on shoulders

Coronavirus Sensory Story: Shielded

Story	Resource	Action
The coronavirus is a tiny germ. It can get on our hands.	Rice (Put rice in a bag if there is a risk of putting it in mouth)	Sign “small” (pinching motion with thumb and index finger, leaving a small gap) Explore rice then let it fall off hands
Germs can make people poorly. They can make people have a fever or cough.	Something hot, e.g. hot towel Something cold, e.g. ice cube	Sign “ill” (point out little finger only, move down body) Feel the hot and cold
This makes people worried. No one likes being poorly	“Worried” face symbol/drawing	Show the symbol Sign “worried” (claw shape with dominant hand, circular motion by temple)
(OPTIONAL) I might need to have my temperature taken.	(OPTIONAL) Thermometer	(OPTIONAL) Take temperature
We need to keep the germs away. I can help stay safe by washing my hands.	Song that child/young person likes	Listen to song Hand washing motion
Adults will wear gloves and an apron to keep me safe. (If relevant) Adults will sometimes wear a mask and glasses.	Photo of person wearing gloves and apron (If relevant) Photo of person wearing mask, gloves, apron	Show photo(s)
I will stay in my bedroom to do fun things.	“Fun” face symbol/drawing Object/toy that child enjoys playing with	Show the symbol Sign “fun” (make a v shape with thumb and index finger, place under chin, move outwards twice) Explore object/toy
I can still talk to my friends. I will still see my family.	Telephone/Skype/Facetime ringing sound (depending on what the child normally uses) Family/friends photo	Listen to sound Look at the photo
And I can go out for a walk.	Leaf/grass/flower	Sign “walk” (walk fingers from base of palm to fingertips) Feel the leaf/grass/flower
Things will be different, but we will keep the germs away. I will be safe.		Brush the rice into a tub/away. Deep pressure/firm downward motion on shoulders

Photos



Photo A (PPE: Gloves & Apron)



Photo B (PPE: Mask, Gloves, & Apron)