

# Washing Up: A Sensory Story



Joe White

Fill the sink with a squeeze and a squirt,  
We wash the dishes and get rid of the dirt.

Give the washing up soap a squeeze,  
Watch the blobs oozing, stop there please.



#### Suggested Sensory Resources

Slime, goop

Squeezy bottle

Board or tray to drip down

#### Suggested Movements

Squeeze hands together

Wave arms up and down slow

Hand held upright

Fill the sink with a squeeze and a squirt,  
We wash the dishes and get rid of the dirt.

Turn the taps and fill the sink,  
This water is for cleaning, it's not to drink.



#### Suggested Sensory Resources

Water in bowl

Running water sound

Jug to pour

#### Suggested Movements

Large Pouring movement

Slither on floor like water

Wiggle fingers

Fill the sink with a squeeze and a squirt,  
We wash the dishes and get rid of the dirt.

Wow, look at all the bubbles,  
These stay in the sink; we don't want puddles.



#### Suggested Sensory Resources

Bubbles!

Bubble machine

Footspa

#### Suggested Movements

Arms wide

Mime swimming

Mime popping bubbles

Fill the sink with a squeeze and a squirt,  
We wash the dishes and get rid of the dirt.

In go spoons, bowls and pans,  
Splash, splash, splash. What about our hands?



#### Suggested Sensory Resources

Cutlery

Splash into bowl

Splash sound effect

#### Suggested Movements

Brings arms down fast

Stand to crouch

Mime Throwing

Fill the sink with a squeeze and a squirt,  
We wash the dishes and get rid of the dirt.

Gloves, stretchy and rubbery,  
Pull them on ready to wash the cutlery.



#### Suggested Sensory Resources

Rubber gloves

Stretchy bands

#### Suggested Movements

Mime pulling on gloves

Stretch arms out

Stretch fingers out, make fist

Fill the sink with a squeeze and a squirt,  
We wash the dishes and get rid of the dirt.

Use the brush to make it clean,  
Scrub, scrub, scrub and now it gleams.



#### Suggested Sensory Resources

Brush

Plates with shaving foam on

#### Suggested Movements

Windmill arms

Mime big brushing movement

Make small circles with hands

Fill the sink with a squeeze and a squirt,  
We wash the dishes and get rid of the dirt.

All finished, pull out the plug,  
Gurgle, gurgle, gurgle oh no we forgot that mug



#### Suggested Sensory Resources

Gurgle sound effect

Mug

#### Suggested Movements

Big pulling mime

Small pulling mime

Standing to ground wiggle