



JOE WHITE

YOU MIGHT
BE AN ALIEN

AN INCLUSIVETEACH.COM SENSORY STORY

You Might Be an Alien

A Space Themed Sensory Story by Joe White

As with any activity the storyteller needs to be attuned to the learner's individual sensory preferences. Nothing about this sensory experience should be aversive. It will be up to the storyteller to involve the learner as much as possible in the storytelling experience. Wherever possible communication should be encouraged, this may be eye contact, preferences, or consent. The learner should be as active a participant as possible fully empowered - if they don't want to touch the slime then fine - you do it!

If you need to adapt this story to meet an individual's needs do so. When reading it you must be fully involved. Have fun, throughout. As long as the learner is enjoying it you can't go wrong.

Essential Sensory resources

A Mirror - This will be securely placed where the learner can see it. I use a perspex mirror designed for young children as it is light and safe. I have used car mirrors that attach to the headrest to allow parents to see their babies.

A box to keep the resources - you can reveal them from the box to build anticipation and joint attention. You really have two choices here - to have a consistent sensory story box, or to use a themed box i.e. a Silver box



You Might Be an Alien

Sensory Resources

- Rub a balloon on your hair and hold it up to "feel" like an alien with a round head
- Shine a flashlight with a green gel filter to make "alien eyes that glow in the dark"
- Wiggle tentacle toys or long jelly noodles to experience "alien fingers that feel slippery"
- Wear grey rubber gloves or use grey play dough to model "alien skin that's cool and rubbery"
- Stick suction cups to the floor and "walk" with them to pretend you have "alien feet with suction cups"
- Play zooming and whirring sound effects for the "alien spaceship that hovers above"
- Use a switch or toy laser blaster noises or use a flashlight to "zap" things with your "alien laser gun"
- Spin a rainbow sensory light or take photos with a strobe light for the "alien probe that scans with a flashing light"
- Make gurgling and growling sounds from your tummy for the "extra alien stomach that rumbles at night"
- Tell an "abduction story" of being lifted up into the "alien spaceship that flew you far from home"
- Play alien music or sounds of space to imagine being "so far from home with no familiar sounds around you"



You Might be an Alien

You might be an alien if you have...
A head that's big and round like the moon.

You might be an alien if you have...
Eyes that glow green in the dark.

You might be an alien if you have...
Fingers that feel like tentacles, smooth and slippery.

You might be an alien if you have...
Skin that's gray (or green depending on your theme) like storm clouds or slime.

You might be an alien if you have...
Feet that look like suction cups.

You might be an alien if you have...
A spaceship that hovers above the grass.

You might be an alien if you have...
A laser gun that makes a zapping sound.

You might be an alien if you have...
A scanner for humans with a high pitched beep.

You might be an alien if you have...
An extra stomach that rumbles at night.

You might be an alien if you have...
Abduction stories that people can't explain.

You might be an alien...
You might be visiting from far across the galaxy!

