

JOE WHITE

THE NATIVITY



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SENSORY STORY

The Nativity: A Sensory Story

A Christmas 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 in the storytelling process.

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, express and emote the spirit of a Christmas sensory story 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. For this Story, I Would use something that represents a rustic wooden box.

The Nativity: A Christmas Sensory Story

In Bethlehem, so long ago,
A star shone bright with golden glow.
(Shine a soft, warm light on the child's face)

Mary and Joseph, tired and weary,
Found a stable, warm and cheery.
(Gently rock the child or sway side to side)

The animals gathered, big and small,
Their cozy fur, is a comfort to all.
(Offer soft fabric or fur to touch)

Baby Jesus in the manger lay,
On a bed of straw, soft as hay.
(Present straw or hay for touching and smelling)

Shepherds came from hills so steep,
To see the child, so calm asleep.
(Play soft lullaby music)

Three wise men brought gifts so fine,
Gold and spices, all divine.
(Offer scented oils or spices to smell)

Angels sang a heavenly song,
Peace and joy, all night long.
(Softly ring bells or wind chimes)

The Christmas story, old but true,
Brings love and hope to me and you.
(Give a gentle hug or hand massage)

Remember to adapt the sensory experiences based on each child's preferences and needs, always ensuring safety and comfort. Present each couplet slowly, allowing time for the child to engage with the sensory element before moving to the next.

Additional Sensory Resources

Here's a list of possible sensory resources to enhance the Nativity story experience for PMLD children:

1. Light sources:

- Soft LED lights or battery-operated candles
 - Star-shaped projector
 - Fiber optic lights

2. Tactile materials:

- Soft fabrics (velvet, fleece, silk)
 - Faux fur
- Straw or hay (ensure it's clean and safe)
 - Feathers (for angel wings)

3. Scents:

- Frankincense and myrrh essential oils (diluted)
 - Cinnamon sticks
 - Vanilla pod
- Lavender (for calming)

4. Sounds:

- Small bells or wind chimes
 - Soft lullaby music
- Recorded animal sounds (sheep, donkey, cow)
 - Rainstick for gentle background noise

7. Temperature experiences:

- Warm water bottle (to represent warmth of the stable)
 - Cool cloth (to represent the night air)

8 Visual aids:

- Large, high-contrast pictures of nativity scenes
 - Shiny tinsel or metallic paper (for the star)
 - Colorful scarves

9. Texture boards:

- Sand paper (for desert)
- Soft cotton (for sheep's wool)
- Smooth wood (for manger)

10. Edible/taste experiences (if appropriate):

- Honey stick (sweet taste of the story)
- Milk on a spoon (representing gifts for baby)

13. Instruments:

- Tambourine or drum for gentle rhythms
 - Xylophone for angel music

Remember to always consider individual sensitivities, allergies, and safety when selecting and using these resources. Supervision is crucial, and items should be large enough to prevent choking hazards.