

Try this Sensory poem with your young person.

You will need, a wellington boot, something that is strong smelling, a small amount of jam, some dry and wet compost or mud and a sock.

You can read along with me on the video which you will find in the sensory area of key stage 4 resources.

### There's something in my Welly



There's something thick and slimy,  
It's down there in my welly. **(Support young person to explore a wellington boot)**

It squidges and it splashes,  
And it's also rather smelly! **(offer your young person something with a strong smell)**

I'm in a little quandary,  
I'm not sure I want to know,  
What lives inside my welly,  
And is squishing between my toes! **( gently massage your young persons toes)**

It could be jam, **(explore Jam)**  
it could be worse! It could be goey mud **(explore moist and dry mud or compost, does the young person show a preference?)**

It could be almost anything,  
Consumed with dread I peek inside,  
Not ready for the shock!  
And lurking deep within the dark? **(Use voice intonation build up the tension and excitement)**

Is a wet and stinky sock! **(support young person to pull out a damp sock)**



You might also like to look at Hey Bear Sensory - Two Hours of Classical Music - High Contrast animation - Relaxing Video

<https://www.youtube.com/watch?v=EwhFNvfNVPk>