



DO IT YOURSELF

# SAM'S FIRST DAY AT SCHOOL

multi-sensory story



# Sam's First Day At School

## by Nina Martinez

Sam is getting ready for the first day at a new school. Sam feels excited but a bit anxious about what the new school will be like. Change can bring mixed emotions especially as when we're introduced to an unfamiliar environment, new routines, and different people. This DIY Sensory Story is designed to help a young person adapt more comfortably to the new experience.

**Yellow cushion or fabric**      **Sam wakes up early in the morning. The sun is shining through the window, and it's time to get ready for school! Sam stretches out their arms and takes a big, sleepy yawn.**

*Gently raise listeners arms and feel a soft fabric sun. This could be yellow felt or a small yellow cushion. This could also be brushed gently across their face to stimulate the morning sun on Sam's face.*

**Fresh clothes / fabric conditioner**      **Now it's time for Sam to get dressed. Sam chooses a bright red school polo shirt and a pair of tracksuit bottoms. They smell so fresh.**

*Action – smell freshly washed clothes or a regularly used fabric conditioner.*

**Bowl and spoon / Cereal**      **Sam's tummy is rumbling! It's time for a yummy breakfast. Sam has a bowl of cereal with milk. Crunch, crunch, goes the cereal, and Sam feels full and ready for the day.**

*Action – Help the listener hold the spoon moving it around an empty bowl. Alternatively shake a box of cereal.*

**School bag, water bottle, lunchbox**      **Now Sam needs to pack their school bag. In goes a water bottle and a lunchbox. Sam zips up the bag, all ready to go!**

*Action – help the listener to open and close the zip of a small rucksack, putting in or taking out the items.*

**Sound: Morning Birdsong**      **Sam gets ready to leave the house and can hear the birds chirping. It's a beautiful day. The school bus arrives, and Sam gets on, ready for the adventure!**

*Play morning birdsong sounds (link below)*

**Soft Toy/Hand puppet**      **When Sam arrives at school, they meet lots of new friends. Everyone is smiling and happy to see each other. Sam feels a little shy, but soon they're all playing together**

**Bell sound and Makaton Sign**    **The school bell rings, and it's time for lessons to start. Sam is now excited as today is going to be a great day!**

*Ring the bell or wind chime gently to create a soft, cheerful sound, signalling the start of Sam's school day creating a sense of anticipation and excitement. Also use Makaton sign for "a good morning" (link below)*

**Soft or weighted blanket**    **Sam's first day at school is full of new experiences. They've made friends, learned new things, and had so much fun. Sam can't wait to go back tomorrow!**

*Wrap the listener in a soft blanket, providing a sense of comfort*

**Items needed for this story:**

**Yellow cushion or fabric (can be felt, t-shirt or similar)**

**Freshly washed clothes or fabric conditioner. Can put a dot of conditioner onto a kitchen paper towel.**

**Bowl and spoon or cereal box**

**School bag, water bottle and lunchbox**

**Soft toy or hand puppet**

**Bell or wind chime**

**Soft blanket or weighted blanket if preferred**

YouTube link for example of Makaton Sign – a good day

<http://www.youtube.com/watch?v=5XtH1Q3T0Eg>

Credit to: Makaton with Lucinda

YouTube link for Morning Birdsong: <http://www.youtube.com/watch?v=rYoZgpAEkFs>

Credit to: Paul Dinning

***Health and Safety:*** Multi-sensory books should not be left with unsupervised children and/or people with learning disabilities. It is advisable to check the books periodically to ensure that they are intact and safe to use. Store out of reach of children and/or people with learning disabilities.

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