

Nature connections: sensory stories for everyone

Explore these simple, nature-based sensory stories and activities designed to support people with profound and multiple learning disabilities.

Using everyday elements such as leaves, wind, water and birdsong, each activity encourages meaningful moments of connection, wellbeing and shared exploration.

Saying hello to our duck friends!



Say or sing



Do action

"Let's give a cheer..."

**Make cheering sounds as
loud or quietly as tolerated**

"The ducks are here"

Make quack sounds

**"They have flippy,
flappy feet"**

Walk like a duck

**"Their wings
are so neat"**

Move your arms like wings

"Their feathers shine"

**Gently pat or smooth
your own head**

"They're feeling fine"

Give a little hip or body wiggle

"The ducks are here"

Make quack sounds

"Let's give a cheer..."

Make cheering sounds

The otters day



Say or sing



Do action

“The otter awakens and yawns a big yawn”

Take a deep breath in and sigh it out in a big loud yawn!

“He lazily stretches out his arms and legs”

Assist in stretching out arms and legs or gently rub arms and legs

“Then leaves his hold and pads to the river”

Gently tap down legs and feet or clap hands together as ‘footsteps’

“With a gentle splash, the otter slides into the cold river”

Clap hands together making a simultaneous ‘shhh’ sound

**“and joins his friends
tumbling and playing
in the river”**

**Gently cup each other’s hand and
roll them over and under each other
in a tumbling motion – or do the
motion on your own**

**“Suddenly the otter
spots the silverly
sheen of a fish”**

**Stop tumbling motion
and make a gasp sound**

**“He darts after it
swimming faster
and faster”**

**Gently guide hands from side to
side in a slow swimming motion
like a fish moving in water**

**“Then success!
He catches it!”**

**Give a big clap to represent the
otter catching a fish in his teeth**

**“The otter enjoys
every bite of the tasty
fresh fish!”**

Clap softly several times

**“With his belly full,
he lies back in the
soft grass”**

**Assist in gently tap or rub their
belly or do your own.**

**“He lazily stretches out
his arms and legs”**

**Assist in stretching out arms and
legs, or gently rub arms and legs.**

“He yawns a big yawn”

**Take a big breath in and
sigh out in a big loud yawn.**

**“And falls asleep
in the sunshine”**

**Rest your hands together beside your
face like a pillow, breathing gently
and making shh sounds on exhale.
You could also make snoring noises.**

Breathe in, stand tall with Lawson Cypress



Say or sing



Do action

“Hello Lawson Cypress, tree
of softness and shelter”

If safe and possible, reach out
to touch the tree or a leaf.

“Your gentle branches
draw us in, a hug from
the forest itself”

Slow, gentle hug or sit close
together and sway slightly
side to side

“Breathe soft and
steady, like the wind
through the branches”

Breathe softly and evenly together.
Think of the trees gentle branches
protecting you to help feel calm

“Thank you, Lawson
Cypress, for holding us
safely and reminding us that
gentleness is strength”

Pause for a few quite breaths
together - allow for rest