

Coronavirus sensory story

What?

This is a sensory story that aims to help children and young people make sense of the changes in their daily routine due to precautions around coronavirus and help to reduce anxieties.

Who?

The child/young person should read this story with an adult.

When?

Deliver this sensory story when your child/young person is in a calm, alert state.

Where?

The story should be delivered in a quiet place with no distractions.

How?

Prepare the resources in the “resources” column. Make sure you have all the items before beginning.

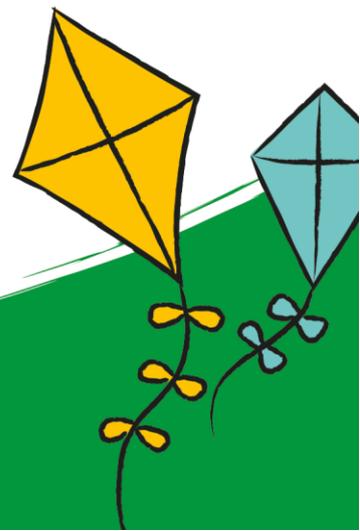
Read the story and do the actions with your child/young person.

Important things to consider

Try to make the story as meaningful to your child/young person as possible by choosing resources that they find meaningful, i.e. song for handwashing, toy that represents something “fun”

Do watch your child/young person’s response to the story.

This story was authored by Tina Chen, Specialist Occupational Therapist, Dr Louise Owen, Principal Clinical Psychologist, and Katrina Moore, Highly Specialist Speech and Language Therapist at The Children’s Trust.



Coronavirus sensory story: at home

Story	Resource	Action
The coronavirus is a tiny germ. It can get on our hands.	Rice (Put rice in a bag if there is a risk of putting it in mouth)	Sign "small" (pinching motion with thumb and index finger, leaving a small gap) Explore rice then let it fall off hands
Germs can make people poorly. They can make people have a fever or cough	Something hot, e.g. hot towel Something cold, e.g. ice cube	Sign "ill" (little finger, going down body) Feel the hot/cold
This makes people worried. No one likes being poorly	"Worried" face symbol/drawing	Show the symbol Sign "worried" (claw shape with dominant hand, circular motion by temple)
(OPTIONAL) I might need to have my temperature taken.	(OPTIONAL) Thermometer	(OPTIONAL) Take temperature
We need to keep the germs away. I can help stay safe by washing my hands.	Song that child/young person likes	Listen to song Hand washing motion
I will stay at home to be safe.	Photo of home	Show photo of home Sign home
I will do fun things at home.	"Fun" face symbol/drawing Object/toy that child enjoys playing with	Show the symbol Sign "fun" (make a v shape with thumb and index finger, place under chin, move outwards twice) Explore object/toy
I can still talk to my friends.	Telephone/Skype/Facetime ringing sound (depending on what the child/young person normally uses)	Listen to sound Look at the photo
Things will be different, but we will keep the germs away. I will be safe.	Rice	Brush the rice into a tub/out of sight. Deep pressure/firm downward motion on shoulders

