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Z. Gelinas Sensory Lesson

Zoe Gelinas

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Autism Practicum II

Sensory Lesson

I have designed this lesson with my early childhood classes in mind! I want to encourage more interaction between students, but some of my students are hesitant to join in with group activities because they can be overwhelming. I would love for us to be able to do some circle dances or partner dances with students paired up, or the whole group holding hands in a circle. We have one student in particular who often shies away from the group during activities that include these actions.

My activity will start simply, with each child being paired with his or her parent. They will sit on the ground facing their child and hold hands. We will sing Row, Row, Row Your Boat and the parents and children rock to the beat, "rowing" the boat. They will do this a few times in a row to get accustomed to hand holding and swaying to the beat. The next step will be for the partners to stand and repeat the motions. I am thinking that this could eventually build to the whole group holding hands in a circle and swaying to the beat, or to the children being partners with each other and holding hands. Hopefully the students will generalize the skill of being in a large group and joining the circle all together which would be very useful moving forward for songs that include this skill!