Sensory-Friendly Story Times

Sensory-based supplies:

- therabands
- stepping stones
- visual schedule
- balance beam
- bean bags
- scarves
- parachute
- bubbles
- tent/quiet corner
- weighted toys
- fidget toys
- tag blankets
- carpet squares / other dynamic/flexible seating (stability balls, rocking chairs, wobble cushions)

Recommended books:

- Dog's Colorful Day
- Brown Bear, Brown Bear
- Dear Zoo
- A Frog on My Head
- The Seals on the Bus
- I Was Walking Down the Road
- The Very Hungry Caterpillar
- Cookie Monster
- Lunch!
- Press Here
- Pete the Cat
- Stick with high interest themes (cars, dinosaurs, trains, animals)

- Music:
  - Classical – good for opening, stretching time, sensory time, parachute, closing time
  - Simple arrangements for traditional story time songs – one instrument, not too fast, not too loud. Frequently, songs are best a capella.

- Recommended resources: books, webinars, articles
  - ALSC Blog- www.alsc.ala.org/blog/2018/08/sensory-storytime-tips-and-tricks-for-a-successful-program/
  - Sensory Story Time: Preschool Programming that Makes Sense for Kids with Autism - http://www.ala.org/alsc/edcareeers/profdevelopment/alscweb/courses/sensorystorytime
  - Book – Programming for Children and Teens with Autism Spectrum Disorder - https://www.alastore.ala.org/content/programming-children-and-teens-autism-spectrum-disorder