

TROPICAL ISLAND SENSATIONS

A Tropical Island-Themed Sensory Workout For The Senses

'Tropical Island' Sensations' is a sensory activity themed around some of the different things you may experience with your senses when visiting a Tropical Island. Each part of the activity aims to awaken your learner's senses by using stimulating sensory resources related to these things.

This sensations activity would work well as a group or one-to-one session used in the morning to awaken the senses before the day begins or before a Tropical-themed cooking or art activity.

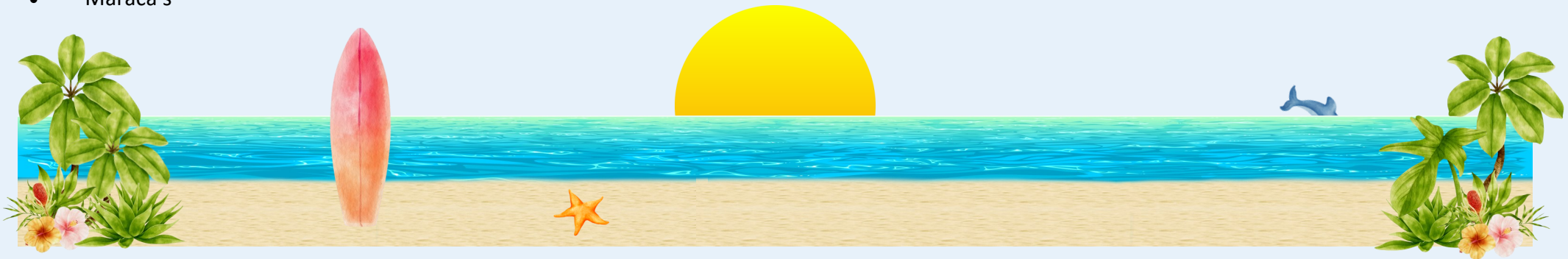
The incredible work of Flo Longhorn has inspired this activity after buying a copy of her book 'The Sensology Workout' - 'Waking Up the Senses.' You can download a free copy of this book, along with many others, at [FLOLONGHORNFREESENSORYBOOKS](https://www.flolonghorn.com/free-sensory-books)

The following is a list of resources you will need to carry out the activity. Ensure your learners are happy and comfortable before you begin the session, and you have all your resources to ensure the session runs as smoothly as possible.

- Tropical Island Sensations PowerPoint - You can view or download the Tropical Island PowerPoint by clicking on the link below.
- [TROPICALISLANDSENSATIONSPOWERPOINT](#)
- Hawaiian Tropical Suncream or similar - Ensure you have permission from parents or carers before you apply the lotion to your learner's skin
- Hairdryer
- Ocean Drum
- Coconut-scented hair conditioner
- Allspice - You can buy ground Allspice from the supermarket



- A Passion Fruit
- Passion Fruit juice or Passion Fruit yoghurt
- Passion Fruit flavoured lip balm
- A Pineapple
- Pineapple juice or Pineapple yoghurt
- Pineapple-flavoured lip balm
- A tray of fine Sand - To warm the sand place a hot water bottle on top of it. Cover the tray in foil to keep the heat in so that it is nice and warm when your learner comes to put their feet in it.
- Water - Fill a tray with warm water and add a little blue food colouring to make it blue like the sea on a Tropical Island
- Sunset Lamp - An excellent light to have and perfect for creating a Sunset in your classroom or sensory room. You can buy one from Amazon for around £12.00
- As an alternative to a Sunset Lamp, cut a large circle out of fluorescent yellow or orange card for the Sun. Shine a UV torch over the card, encouraging your learner to look as you move it slowly down the ground until it disappears out of sight. Another alternative would be to use a hoop and shiny gold foil paper. Fix the shiny paper to the hoop and shine a bright torch over it so that it casts a golden glow over your learner.
- Star Projector - You can purchase a Star Projector from Amazon for under £20.00. A great addition to a sensory light collection that you will be sure to use again for other themes and topics.
- As an alternative to a Star Projector, paint the inside of a shoe box black. Poke little holes into the box. Push battery-operated fairy lights through each hole to create a night sky in a box.
- Maraca's



TROPICAL ISLAND SENSATIONS

A Tropical Island-Themed Activity to Wake Up The Senses



INTRODUCTION

Introduce the Tropical Island Sensations activity by signing 'Hello' to your learners individually.

Assist/encourage your learners to explore the Object of Reference for your 'Waking Up The Senses' activities.

Listen to the piece of music on the first slide of your 'Tropical Sensations' PowerPoint by clicking on the small sound icon



I HAVE A BODY



SLIDE 2

If you were to visit a Tropical Island, the weather would be scorching, and you would have to wear Suncream to protect your skin from the Sun's rays.

Offer your learner the smell of Hawaiian Tropical Suncream by placing a bottle of cream under their nose.

Alert your learner to their legs and arms by rubbing a little of the Hawaiian Suncream lotion into them

Tropical Islands are warm all year. They are warm because the tropics get more exposure to the Sun.

Gently tap different parts of your learner's body, then use a hairdryer on the lowest heat setting to blow warm air over that area, representing the warm breeze on a Tropical Island

I HAVE EARS TO LISTEN

SLIDES 3 & 4

When visiting a Tropical Island, you will hear the gentle waves lapping the sandy shores.

Stand beside each of your learner's ears one at a time and move the Ocean Drum from side to side to create the peaceful sound of rolling waves.

Tropical Islands are home to many different species of colourful birds.

Play the sound of Tropical birds singing by clicking the small sound icon on slide 4 of your PowerPoint.

I HAVE A NOSE TO SMELL

SLIDE 5

Coconut Palms grow in Tropical coastal areas

Offer your learner the smell of coconut by placing a pot of coconut-scented hair conditioner under the nose.

Allspice is a native Caribbean spice used for taste in many Caribbean food dishes.

Offer your learner the smell of Allspice by placing a pot of Allspice under their nose.

I HAVE A MOUTH TO TASTE

SLIDE 6

Passion Fruit is a native Tropical fruit

Offer your learner a taste of Passion Fruit juice or Passion Fruit flavoured yoghurt

If your learner can not eat foods, assist/encourage them to feel the shape and texture of a natural passionfruit. Offer them the scent of real Passion Fruit by placing a sliced Passionfruit under their nose.

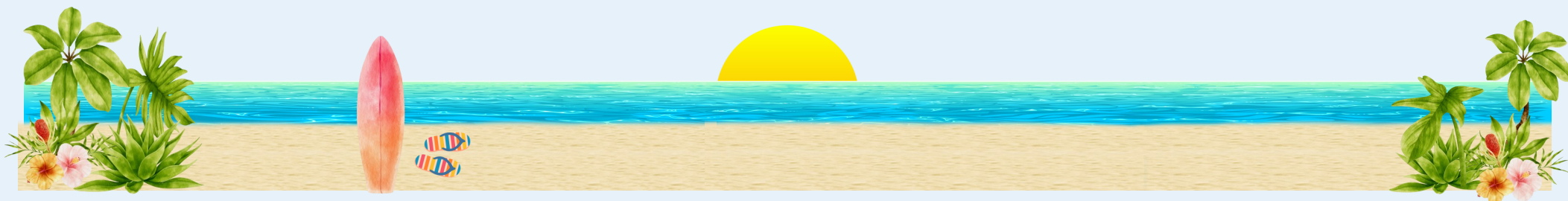
Rub a little Passion Fruit flavoured lip balm on their lips

(Make sure you get permission from your learner's parents or carers before using lip balms)

Pineapples are a Tropical Fruit

Offer your learner a taste of Pineapple Juice or Pineapple flavoured yoghurt

If your learner can not eat foods, assist/encourage them to explore the shape and texture of a natural Pineapple, then offer them the smell of Pineapple by placing a fresh piece of Pineapple under their nose.



I HAVE SKIN TO FEEL

SLIDE 7

Tropical Islands are well known for their warm, white sandy beaches

Place your learner's feet in the tray of warm sand, assisting/encouraging them to move their feet to feel the warm fine grainy texture. Trickle the sand over their feet

Tropical oceans receive a lot of direct sunlight for much of the year, which makes the water warm. Water molecules scatter the sunlight, which makes the Tropical seas look so blue.

Assist/encourage your learner to place their hands in the tray to feel and explore the warm blue water

I HAVE EYES TO SEE

SLIDE 8

Tropical Islands are known for their beautiful Sunsets

Turn down the lights, close any blinds and switch on your Sunset Lamp, encouraging your learners to look at the light. Then very slowly, begin to reduce the orange glow using a piece of black card until the light has disappeared

SLIDE 9

Turn on your Star projector to cast tiny stars around the room for your learners to see, representing the day turning to night.

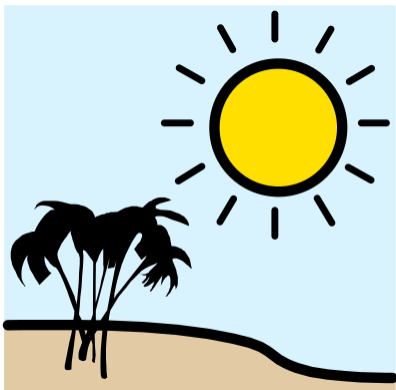
THE END

SLIDE 10

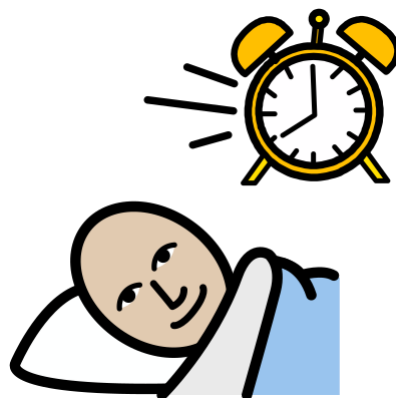
Finish the activity by listening to the piece of music on slide 10, 'Jump In The Line' by Harry Belafonte, while assisting/encouraging your learners to shake Maracas (a popular instrument used in the Caribbean Islands)



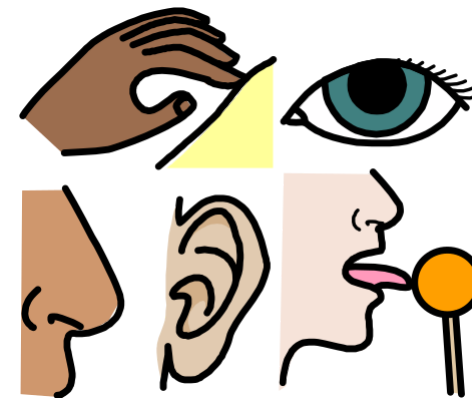
Tropical Island Sensations Signs & Symbols



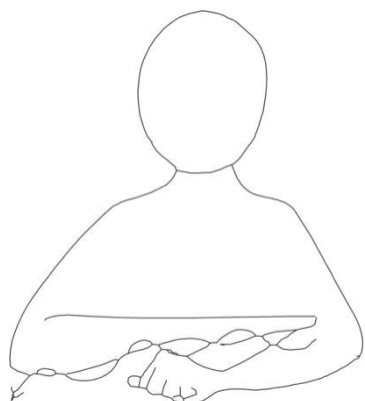
Tropical Island



Waking



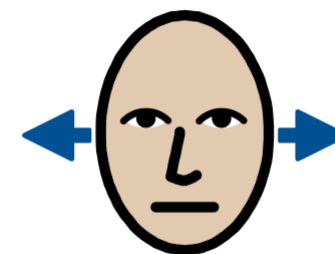
Senses



Beach



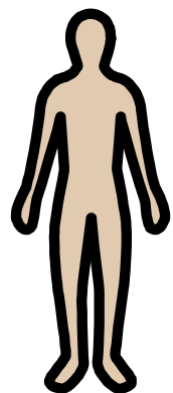
Wake Up



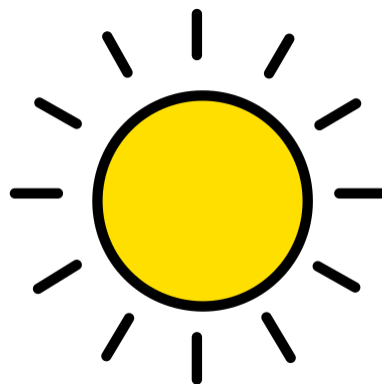
No Sign

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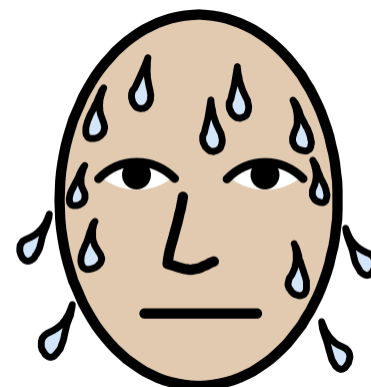
Tropical Island Sensations Signs & Symbols



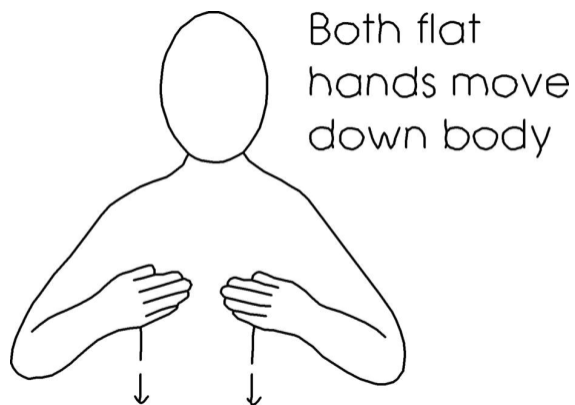
Body



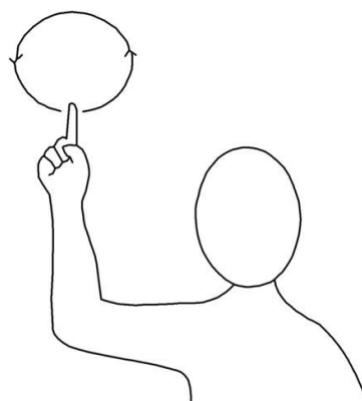
Sun



Hot



Body



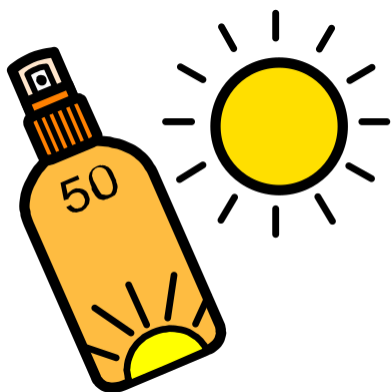
Sun



Hot

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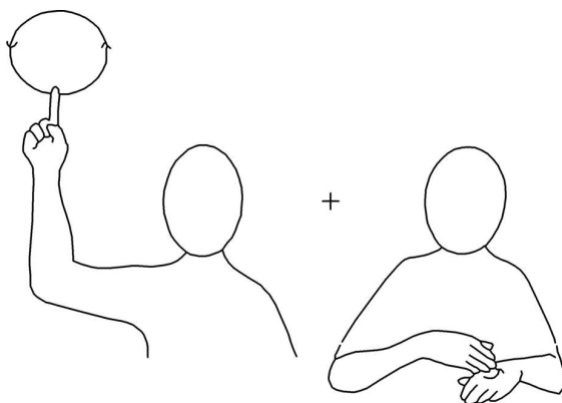
Sun cream



Breeze



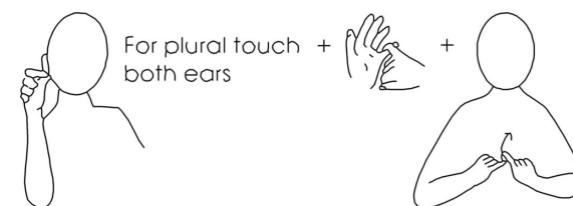
Ears



Sun cream



Breeze



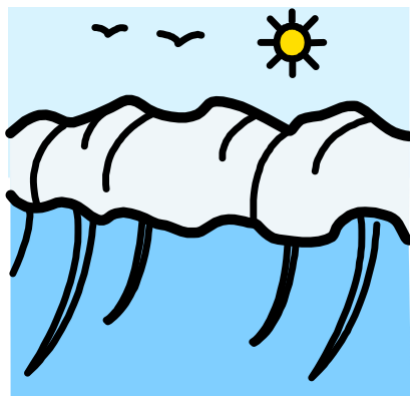
Ears

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Tropical Island Sensations Signs & Symbols



Listen



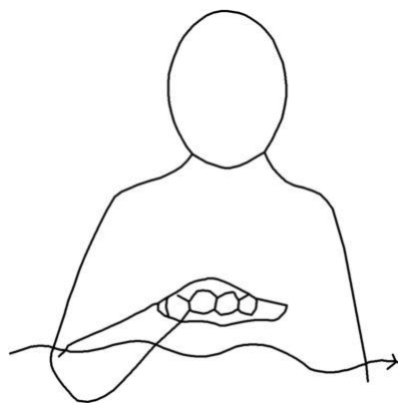
Waves



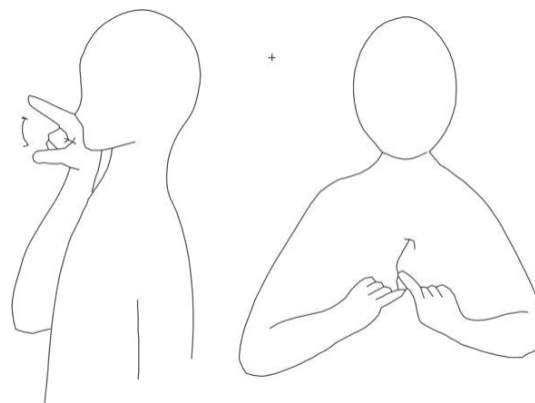
Tropical Birds



Listen



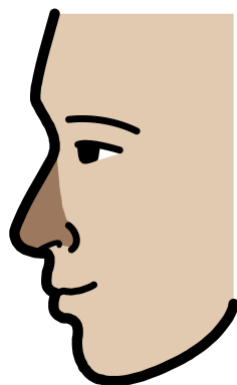
Waves



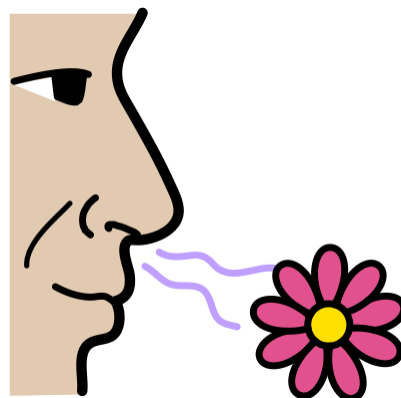
Birds

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Tropical Island Sensations Signs & Symbols



Nose



Smell

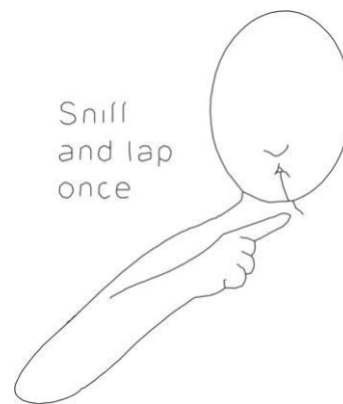


Coconut



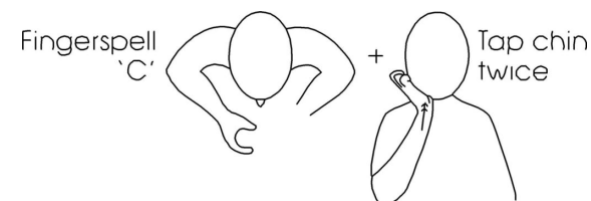
Right index
finger touches
tip of nose

Nose



Sniff
and tap
once

Smell



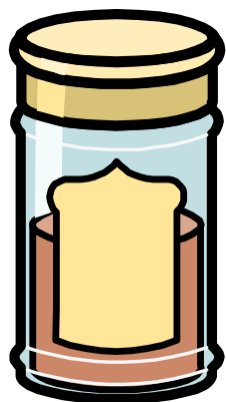
Fingerspell
'C'

Tap chin
twice

Coconut

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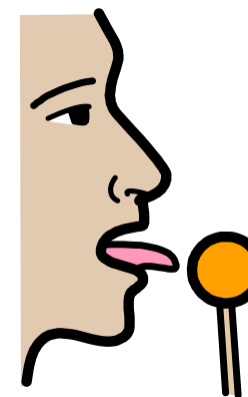
Tropical Island Sensations Signs & Symbols



Spices

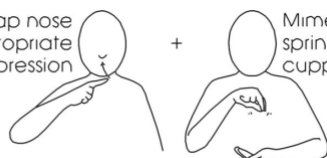


Mouth

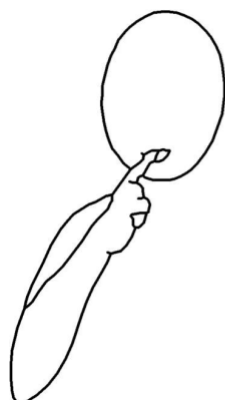


Taste

Sniff and tap nose once plus appropriate facial expression + Mime sprinkling into cupped hand



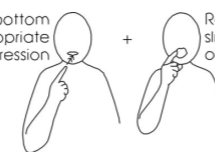
Spices



Index finger touches top then bottom lip

Mouth

Index finger taps bottom lip twice with appropriate facial expression + Rotate finger slightly at corner of mouth

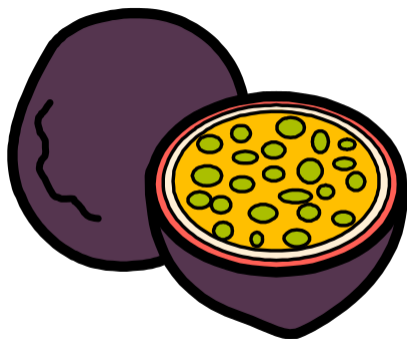


Repeat

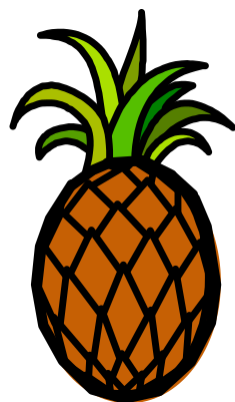
Taste

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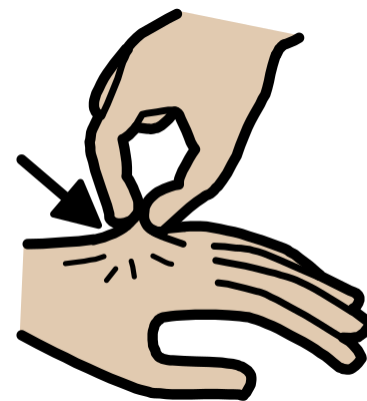
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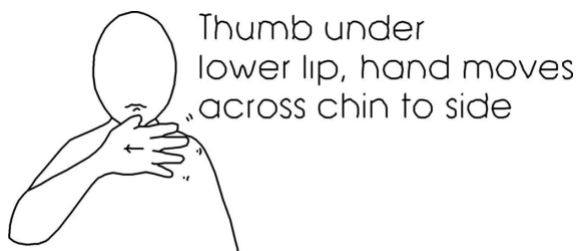
Passion Fruit



Pineapple

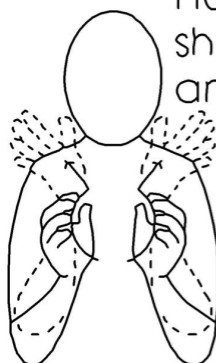


Skin



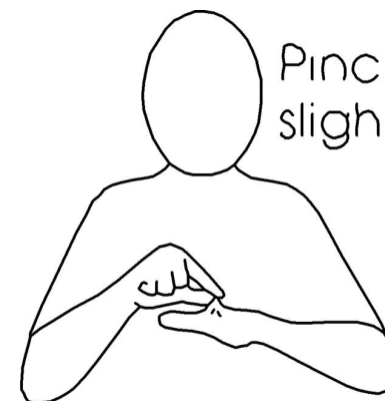
Thumb under lower lip, hand moves across chin to side

Fruit



Hands indicate shape of pineapple and leaves

Pineapple

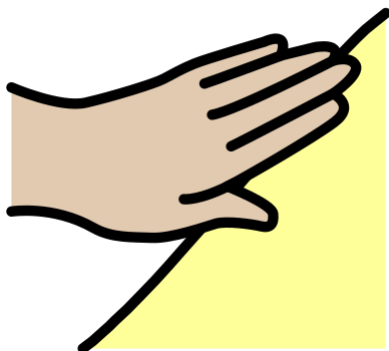


Pinch skin slightly

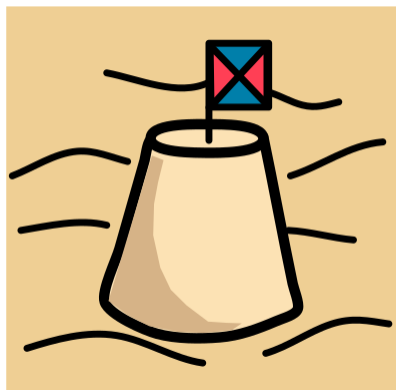
Skin

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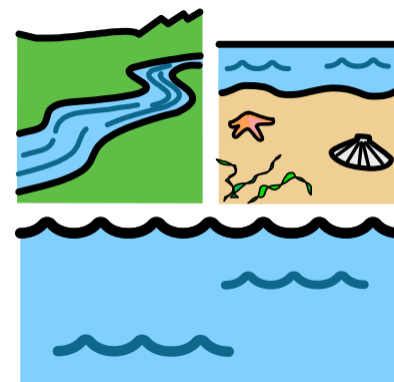
Tropical Island Sensations Signs & Symbols



Feel



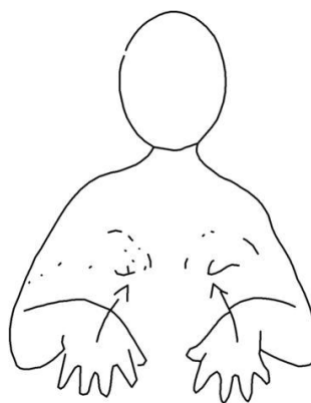
Sand



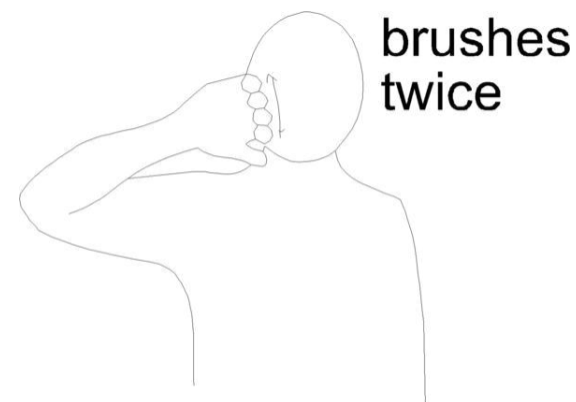
Water



Feel



Sand



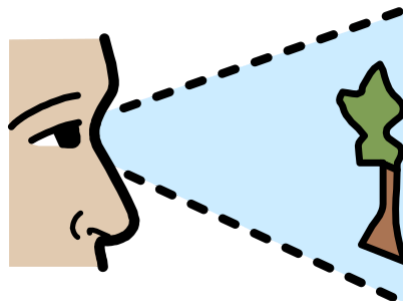
Water

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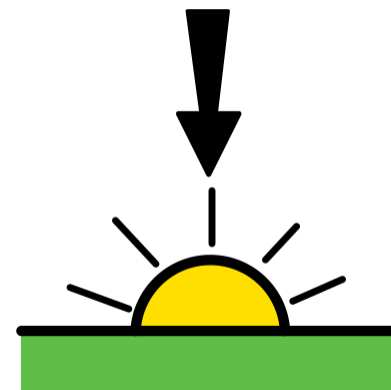
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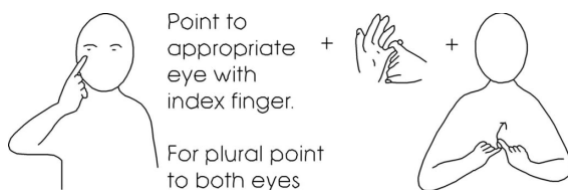
Eyes



See



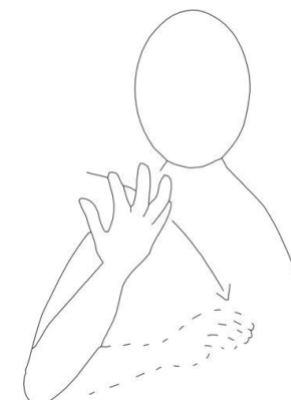
Sunset



Eyes



See



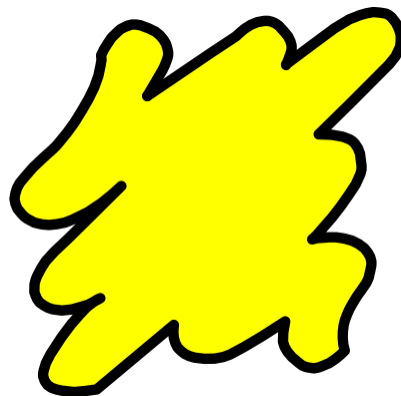
Sunset

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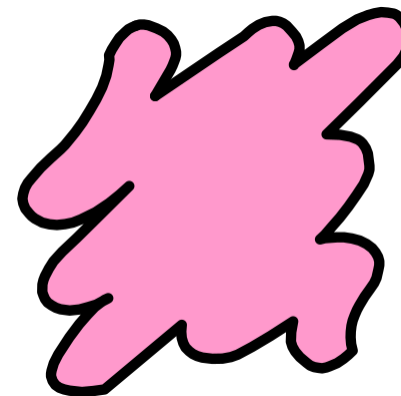
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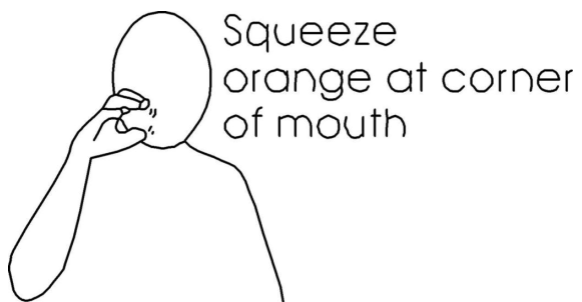
Orange



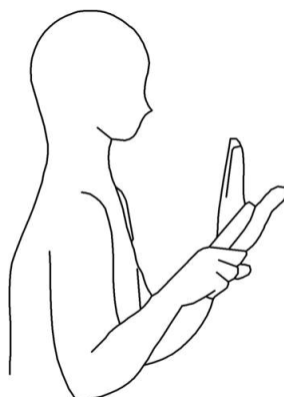
Yellow



Pink



Orange



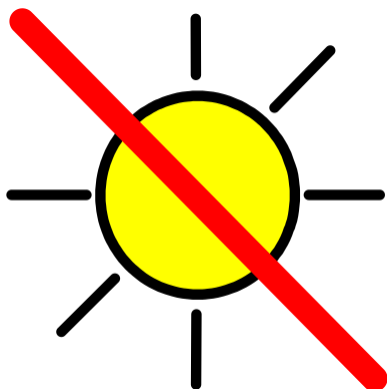
Yellow



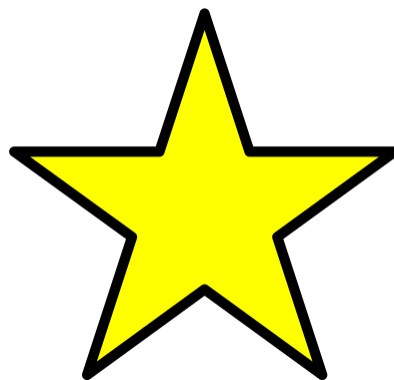
Pink

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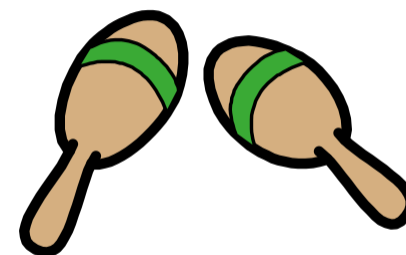
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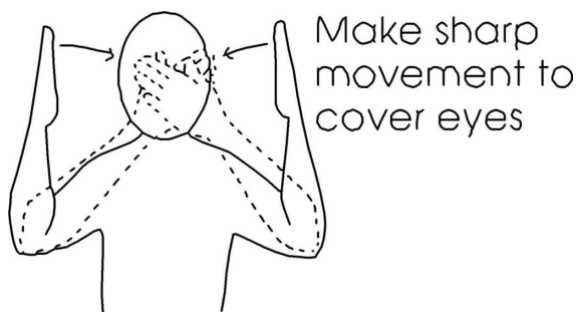
Dark



Stars



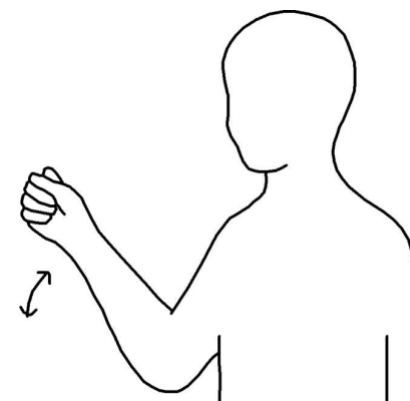
Maraca's



Dark



Stars



Maraca's

Creating Using Widgit Online & Makaton Signs