

<b>Module 3: My choices!</b>		<b>Level: Sensory/Exploration</b>
<b>Unit 3A: Who am I?</b>		<b>Preparation for Adulthood: Employment</b>
<b>Lesson 3A5: What am I really good at?</b>		
<b>Objectives</b>		<b>Learning Outcomes</b>
<p>To engage in sensory activities to explore different skills and abilities they may possess.</p> <p>To experience pride in specific skills or abilities through sensory engagement and communication.</p>		<p><b>Students will:</b></p> <p>Demonstrate an awareness of their own skills and abilities through participation in sensory activities.</p> <p>Express pride in their skills and abilities, using non-verbal communication methods to indicate preferences and strengths.</p>
<b>Activities</b>	<b>Resources</b>	<b>Assessment/Evidence</b>
<p><b>Introduction:</b> Begin the lesson by gathering the students in a comfortable, sensory-friendly space. Use simple language and visual aids, such as picture cards or objects, to introduce different types of skills, like listening, creating, or being gentle.</p> <p>Introduce a <b>“Sensory Discovery Basket”</b> filled with various sensory items (e.g., soft fabrics, musical instruments, textured balls). Allow each student to choose an item from the basket. As they explore their chosen item, guide a discussion (using visual aids and simple prompts) about how interacting with the item makes them feel and what skills it might represent. For example, playing a drum can represent rhythm skills, while touching a soft fabric can relate to gentleness or sensory awareness. Encourage non-verbal students to express their feelings through gestures, eye contact, or using communication devices. Acknowledge and validate all forms of communication, helping each student feel included and heard.</p> <p><b>Positive Reinforcement Mirror Activity:</b> Use a large, unbreakable mirror and seat each student in front of it one at a time. As they engage with a preferred sensory object or activity, provide positive verbal reinforcement, and use visual aids (like picture cards) to represent the skills they are demonstrating (e.g., “good listener,” “creative,” “gentle”). Encourage students to see themselves in the mirror while receiving this positive feedback, helping them associate their reflection with their skills and strengths.</p> <p><b>Achievement Collage:</b> Support students in creating a “Sensory Achievement Collage” that represents their strengths and abilities. Use a variety of sensory materials, such as textured papers, soft fabrics, and colourful, shiny items. Students can choose items they like to create a collage that represents what they feel they are good at. For example, if a student enjoys music, incorporate musical symbols or items into their collage. This activity helps students visually express and celebrate their skills.</p> <p><b>Plenary:</b> Encourage each student to share, using their preferred communication methods, one skill or ability they discovered or enjoyed demonstrating. Highlight the importance of recognising and celebrating these strengths. Reinforce that everyone has unique abilities and that it is wonderful to acknowledge and be proud of what they are good at.</p>	<p><b>Provided:</b></p> <ul style="list-style-type: none"> <li>• WRSIL task cards</li> </ul> <p><b>Materials needed:</b></p> <ul style="list-style-type: none"> <li>• various items (soft fabrics, musical instruments, textured balls), picture cards, communication aids</li> <li>• Unbreakable mirror, sensory objects, picture cards</li> <li>• Textured papers, soft fabrics, shiny items, adhesives, musical symbols</li> </ul>	<p><b>Suggested mediums:</b></p> <p><b>Evidence sheets:</b> Photographs of individual/group discussions/activities with annotation.</p> <p><b>Direct questioning</b> throughout the session with the use of pause, prompting, and Makaton/BSL signs.</p> <p><b>Prompting recall</b> of knowledge through minimal verbal instructions and signs.</p> <p><b>Questions and answers can be recorded:</b></p> <ul style="list-style-type: none"> <li>• Written</li> <li>• Witness statement</li> <li>• Audio</li> <li>• Video</li> </ul> <p><b>Student Journal:</b> Lesson marked as introduced and dated.</p>

**Teacher Guidance Notes:** This lesson aims to help students explore and identify their skills and abilities, and to express pride in their strengths. Encourage students to participate in these activities, providing positive reinforcement and using visual aids to help them understand and recognise their abilities. Use the Positive Reinforcement Mirror Activity to help students associate their reflection with their skills, boosting their self-esteem. The Sensory Achievement Collage serves as a creative outlet for students to visually express and celebrate their strengths. Ensure that all activities are accessible and engaging for students with limited movement and communication abilities and provide support as needed to facilitate participation and expression.