

Speech and Language Therapy

# **My Special Things**

## **Lesson 5 of 14 on Emotional Regulation and Self Esteem**

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# Your special toys and objects

My Special Toys!

picture

picture

picture



# Other things I like and don't like - Using my senses

Smells	I like the smell of lavender I don't like the smell of toast
Textures	I like soft materials I don't like labels on my clothes
Tastes and flavours	I like soft food I like sweet tastes I hate lemon
Sounds and things to listen to	I like to listen to quiet soft music I don't like fast music
Things to look at or watch	I love watching bubbles floating I don't like flashing lights



# Finding out about what I like - Using my senses

It is good to show us what like and don't like by using your body in different ways:

- Different facial expressions for yes/no
- Using hand movements or your voice to get attention and start a conversation
- Using your eyes or your hands to show us what you want on your communication board



# Finding out about what I like - Using my senses

Present 2 or more contrasting sensory experiences e.g. smells (shower gel, tooth paste, scented oil) or sounds (different types of music).

After each one ask your child to indicate whether they liked or didn't like it.

