

## Choose Your Own Sensory Adventure:

### **A Resource for Educators and Families of Neurodiverse Kids with Sensory Processing Disorder**

Welcome to "Choose Your Own Sensory Adventure!" This interactive resource is designed to support educators and families of neurodiverse children with Sensory Processing Disorder (SPD). With this resource, you'll embark on a thrilling journey where you can explore various sensory experiences, learn helpful strategies, and have fun together. Whether you're an educator or a family member, get ready to dive into a world of sensory exploration!

#### **Instructions:**

1. **Start by selecting a character:** You can choose from various characters, each representing a different child with different sensory needs (i.e., an avoider, a seeker or both). Each character has unique sensory preferences and challenges, allowing you to experience different perspectives.
2. **Begin your adventure:** You'll encounter a series of scenarios related to common environments. Each scenario will have sensory challenges and choices to make.
3. **Make choices:** At key points in the adventure, choose the option that you feel comfortable with. Each choice will lead to different outcomes and learning opportunities.
4. **Learn and reflect:** How did you feel? Do you want to change your decision?

### **Character 1: Captain Coral, the Adventurous Pirate**

- **Sensory Profile:** Captain Coral is a brave pirate with sensory seeking tendencies. They/he/she craves intense sensory input and is often seeking out thrilling experiences.

### **Character 2: Explorer Echo, the Cautious Discoverer**

- **Sensory Profile:** Explorer Echo is a gentle and quiet explorer with sensory sensitivity. They/He/she can be overwhelmed by sounds, lights and people and requires a calm environment.

### **Character 3: Astro Alex, the Curious Astronaut**

- **Sensory Profile:** Astro Alex is a curious astronaut with sensory modulation difficulties. They/He/she struggles with regulating sensory input and may exhibit both sensory seeking and sensory avoiding behaviours.

Do you have your character?

Your grown-up can help you with dressing up like your character.

- For the pirate, you can make an eye patch, use a bandana, maybe have a toy bird on your shoulder!
- For the explorer, you can make a pair of binoculars (using toilet rolls) and a make a compass from cardboard and carry a bag with your supplies.
- For the astronaut, you can make a space helmet using an old ice cream container or box.

Let's begin:

**Even you though you have chosen a character, you can make different decisions and change your character throughout the activity based on your choices.**

**Scenario 1: Exploring a Marketplace** As you wander through a busy market, your character encounters a variety of sensory experiences. Choose how your character reacts to each scenario:

1. **A street performer (mum, dad, teacher) is playing loud music nearby.**

**(You will need musical instruments or iPod / speakers for this).** Do you want to be:

a) Captain Coral: Joins the crowd and dances to the music. They might want a music instrument of their own to play!

b) Explorer Echo: Put on their headphones and steps away from the noise. They might go into the Calming Cave nearby.

c) Astro Alex: Listens to the music but keeps a comfortable distance.

2. **An exotic cafe offers you a free taste. (Parents can prepare a range of tastes i.e., sweet (apple), sour (lemon), spicy, savoury, different textures too.**

Do you want to be:

a) Captain Coral: Takes a taste of everything to fully experience it all.

b) Explorer Echo: Holds their breath and tries one thing or they quickly pass the shop.

c) Astro Alex: Tastes some cautiously, one at a time.

**Scenario 2: Crocodile Lake** You come to a big lake (blanket / mat on the floor), use tape to create a balance beam to cross the lake. The lake is also filled with giant jumping crocs!

1. How do you cross the lake?

a) Captain Coral: Runs straight across the balance beam without hesitation.

b) Explorer Echo: Requests a boat. Or finds another way around.

c) Astro Alex: Try the balance beam very slowly and carefully.

2. After the lake, there's a few monsters to fight: Which one do you choose?

a) Captain Coral: All of them!

b) Explorer Echo: The soft mean teddy

c) Astro Alex: The slimy smooth snake

**Scenario 3: Space Mission Preparation** As your character prepares for a space mission, the spacesuit feels tight and constricting.

- a) Captain Coral: Adjusts the suit as needed and continues with excitement.
  - b) Explorer Echo: Requests a looser-fitting suit or takes deep breaths to calm himself.
  - c) Astro Alex: Takes breaks during the dressing process and practices deep pressure techniques.
1. The countdown for lift off creates anxiety-inducing vibrations.
- a) Captain Coral: Embraces the vibrations and feels energized by them.
  - b) Explorer Echo: Squeezes a stress ball or cuddles a soft toy for comfort.
  - c) Astro Alex: Puts on noise-cancelling headphones and focuses on deep breathing.

***Remember, each choice will lead to different outcomes and provide opportunities for learning and reflection about sensory processing challenges. Enjoy your sensory adventure with Captain Coral, Explorer Echo, and Astro Alex!***

Families can come up with their own adventure stories and activities!

*Written by Prasha Sooful for 'My Brain is Magic: A Sensory-Seeking Celebration'.*

*Illustrated by Geeta Ladi. Published by Soaring Kite Books. Purchase through [Amazon](https://www.amazon.com).*

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Find your downloadable game cards below.

# SENSORY CHARACTERS



**Seeker:** Craves intense sensory input and is often seeking out thrilling experiences.

**Avoider:** Can be overwhelmed by sounds, lights and people and requires a calm environment.

**Both:** Struggles with regulating sensory input and may exhibit both sensory seeking and sensory avoiding behaviours.



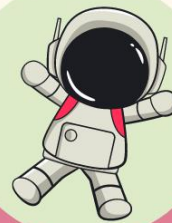
## Captain Coral, the Adventurous Pirate

Captain Coral is a brave pirate with sensory seeking tendencies.



## Explorer Echo, the Cautious Discoverer

Explorer Echo is a gentle and quiet explorer with sensory sensitivity.



## Astro Alex, the Curious Astronaut

Astro Alex is a curious astronaut with sensory modulation difficulties.

# SCENARIO: THE MARKETPLACE



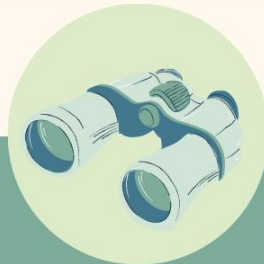
**You see a street performer!**

**Choose your character and create the scene!**



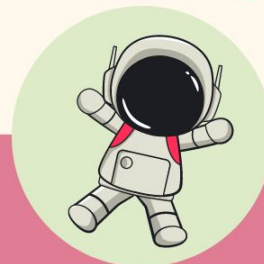
**Captain Coral, the Adventurous Pirate**

Join the crowd and dance to the music.



**Explorer Echo, the Cautious Discoverer**

Put on your headphones and step away from the noise.



**Astro Alex, the Curious Astronaut**

Listen to the music but keep a comfortable distance.



# SCENARIO: THE MARKETPLACE



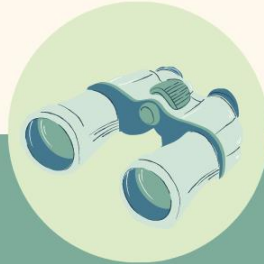
**You visit an exotic  
cafe with free  
taste testing!**

**Choose your  
character and create  
the scene!**



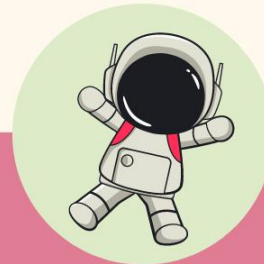
**Captain Coral,  
the Adventurous  
Pirate**

Take a taste of  
everything to fully  
experience it all.



**Explorer Echo,  
the Cautious  
Discoverer**

Hold your breath and  
try one thing or quickly  
pass the shop.

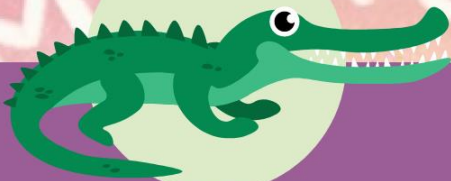


**Astro Alex,  
the Curious  
Astronaut**

Taste some cautiously,  
one at a time.



# SCENARIO: CROCODILE LAKE



**You come to a lake with giant, jumping crocs! How do you cross?**

**Choose your character and create the scene!**



**Captain Coral, the Adventurous Pirate**

Run straight across the lake / balance beam without hesitation.



**Explorer Echo, the Cautious Discoverer**

Request a boat, or find another way around.



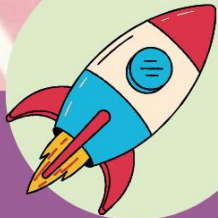
**Astro Alex, the Curious Astronaut**

Try the balance beam very slowly and carefully.





# SCENARIO: SPACE MISSION



You're preparing for a space mission, but your spacesuit feels tight and constricting.

Choose your character and create the scene!



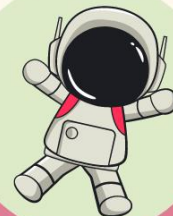
**Captain Coral,  
the Adventurous  
Pirate**

Adjust the suit as needed and continue with excitement.



**Explorer Echo,  
the Cautious  
Discoverer**

Request a looser-fitting suit or take deep breaths to calm yourself.



**Astro Alex,  
the Curious  
Astronaut**

Take breaks during the dressing process and practice deep pressure techniques.

