

Employment / Education (Being a good citizen):

Learners will engage in simple food-related tasks such as washing fruit or stirring ingredients during sensory cooking sessions and practice following simple instructions with support. Learners can explore a wide range of ingredients using all their senses and express their likes and dislikes. Learners will sort foods into groups using photos or symbols and explore hygiene routines such handwashing or washing up during life skills sessions. Sensory experiences will introduce different jobs which involve food preparation, such as chefs.

Independent Living (My environment and keeping safe):

Learners will make healthy eating choices, communicate meal preferences, and participate in basic sensory cooking activities. Learners can practice shopping skills using visual lists to select items and handle money in role-play or real settings. Learners can use visual lists and food items to make choices. Hygiene routines such as toothbrushing and nighttime routines will be explored through sensory experiences. Learners can take part in sensory mindfulness sessions and where appropriate basic first aid will be introduced.

Community Inclusion (Being me, expressing myself and my relationships):

Learners will visit food-related places like cafés or supermarkets to make simple choices and practice social interaction. They will explore and identify emotions through food and colour, linking to the Zones of Regulation, and learners can create a mood journal with support. Musical activities will help learners identify how different songs affect their feelings and they can choose their favourite songs during TACPAC sessions. Through different sensory story sessions learners can explore how important friendships are and self-regulation techniques.

Topic: Healthy Me, Food and Mood



Key Texts:

The Boy, the Mole, the Fox and the Horse (Charlie Mackesy), Breathe (Scott Magoon), Calm (Michael Acton Smith), Being Healthy (sensory story), The Colour Monster (Anna Llenas)

Health (Keeping myself healthy and clean):

Learners can explore how we can connect food and mood by noticing feelings after eating and choosing healthier options like water over sugary drinks. learners can explore exercise and how this makes their body feel. They will also learn about body awareness and body parts through story massage sessions and practice physical exercises to build stamina in MATP sessions.