

Lesson Plan: Sensory Activities for Children and Adults



Orange is a color that is associated with the fall months of October and November. It can also be used as a training activity for people with developmental disabilities.

Facts about the color orange:

- Orange is the color between red and yellow
- It is associated with amusement, extroverts, warmth, fire, energy, danger taste, aroma and autumn
- It is the national color of Netherlands
- It is the symbolic color of Buddhism and Hinduism.

Activity: What's in the Box

Learning Objective: to identify various items using a multi-sensory approach

Activity Area:

- Visual
- Tactile
- Olfactory
- Kinesthetic

Materials needed:

- shoe box
- candy corn
- carrot
- orange
- circus peanuts
- crayon
- cheeze-it
- balloon

- pumpkin
- leaf

Instructions: Place all items into an empty container such as a shoe box. Once completed, have participants sit in a circle and pass around the box. Give each person an opportunity to touch the object and to guess the name of the object. For people with a severe cognitive level or multi-disabilities, provide hand over hand guidance.

Prompting:

Discuss with the group or class the various sizes, the aroma, etc.

Alternative Activity:

1. You can also do a compare and contrast activity by adding items into the box of different colors and having the group choose the orange items.
2. Have the group create a collage by cutting out items in a magazine that are orange. This will help with improving fine motor skills.