

## **SEND- Inclusive Lesson Plan Proposal 1: Sensory Awareness, Communication, and Augmented Reality (Ages 7-11)**

Lesson Title: **"Exploring Sensory Overload, Communication, and Technology with Buster Finds His Beat"**

### **Objective:**

- To help students understand sensory overload and explore calming strategies.
- To support non-verbal communication in a safe, inclusive environment.
- To integrate technology with a focus on accessibility, using Augmented Reality (AR) to bring the story to life.

### **Materials Needed:**

- Buster Finds His Beat book/ Downloadable images from book
- Art supplies (paper, markers, crayons)
- Headphones, ear defenders, cotton wool
- Visual aids (e.g., pictures of emotions, activities, or objects)
- Printed sheets with various images for the communication activity
- Tablets or smartphones with the Buster Finds His Beat AR app installed
- Timer or stopwatch
- Sensory tools (e.g., fidget toys, weighted blankets, soft cushions)

Lesson Duration: 60 minutes

Lesson Outline:

#### ***1. Introduction to Sensory Overload (10 minutes)***

- Start with Sensory Tools: Allow students to choose a sensory tool to hold during the lesson. This could be a fidget toy, a soft cushion, or a weighted blanket.
- Simplified Explanation: Discuss the five senses using simple language and visual aids. Explain that sometimes our senses can become too much, which can make us feel uncomfortable or upset.

- **Relatable Examples:** Use everyday scenarios (e.g., loud classroom, bright lights) to explain sensory overload.
- Use the animation of [‘raining Buster’](#) to explain further
- Encourage students to share their experiences if they are comfortable.
- **Introduction to Buster:** Show pictures of Buster and explain that he sometimes feels overwhelmed, just like they might.

## ***2. Read-Aloud with Augmented Reality: Buster Finds His Beat (15 minutes)***

- **Interactive Storytelling:** Read *Buster Finds His Beat* aloud. Use the AR app to bring the illustrations to life. For students with visual impairments, describe the AR features as vividly as possible.
- **Engagement Through Choice:** Let students choose when to interact with the AR app or simply listen to the story. If some students prefer not to engage with the AR, provide a quiet space or sensory tool.
- **Simple, Direct Questions:** Ask questions like, “**How does Buster feel?**” or “**What could help Buster feel better?**” using visual prompts to aid understanding.
- Another option could be to listen/watch the reading of [‘Buster Finds His Beat’ - narrated by Actor Will Poulter](#)

## ***3. Activity: Communication without Words (15 minutes)***

- **Adapted Pairing:** Pair students based on their communication preferences and abilities. Some may prefer to work with a teaching assistant (TA) or in a small group.
- **Simplified Instructions:** Use simple images (e.g., happy face, jumping, dog) for the communication activity. Demonstrate an example of how to act out an image using facial expressions and gestures.
- **Flexible Timing:** Allow more time for students who need it. If necessary, reduce the number of images to match individual needs.
- **Inclusive Reflection:** After the activity, discuss how it felt to communicate without words. Use visual aids or a communication board for students who might struggle with verbal expression.

#### ***4. Discussion: Coping Strategies and Supporting Others (10 minutes)***

- Group Discussion with Visual Support: Use visual aids or a communication board to support discussion. Ask students what helped Buster feel better and discuss ways they can feel calm too (e.g., ear defenders, a quiet space).
- Modeling Patience and Support: Role-play scenarios where someone might need extra time to communicate. Emphasize the importance of patience and different ways to support each other.

#### ***5. Activity: Create Your Own Ear Defenders (10 minutes)***

- Simple Craft Activity: Provide pre-cut materials and simple instructions to make ear defenders. Use large, easy-to-handle materials for students with fine motor challenges.
- Sensory-Friendly Environment: Ensure the activity area is quiet, with low lighting if needed, to accommodate students who may be sensitive to noise or light.
- Personalization and Choice: Allow students to choose how much or little they want to decorate their ear defenders. Offer a variety of materials, including tactile options like felt or foam.

#### ***6. Reflection and Sharing (5 minutes)***

- Safe Sharing Space: Create a safe, quiet space for students to share their ear defender designs. Use visual aids to help students describe their creations.
- Positive Reinforcement: Praise each student's effort, regardless of the outcome, to build confidence.
- AR Reflection: Discuss how the AR app helped them understand Buster's experiences, using simple language and visual cues to aid comprehension.

#### **Assessment:**

- Observation: Monitor participation in activities, making note of any adaptations that helped individual students.

- Understanding: Look for signs of understanding sensory overload and communication strategies, such as appropriate use of sensory tools or ear defenders.
- Engagement: Track engagement with the AR app and reflect on how it enhanced their learning experience.

**Extension:**

- Sensory-Friendly Story Creation: Students can create a simple sensory story or draw a picture about a time they felt overwhelmed and how they coped.

**Benefits of Using AR:**

- Increased Accessibility: The AR app provides a visual and interactive layer that supports students with diverse learning needs, making abstract concepts like sensory overload more tangible.
- Enhanced Engagement: AR can capture the attention of students who may struggle with traditional learning methods, providing an immersive experience that caters to different sensory needs.
- Multimodal Learning: The combination of auditory, visual, and kinesthetic elements makes the lesson more accessible to students with different learning styles and abilities.