

# Meg's Veg

By Helen Nicoll and Jan Pienkowski



Story	Sensory Resource
It was springtime. Time for Meg to start her vegetable garden.	<ul style="list-style-type: none"> <li>• Play spring time sound effects from a CD</li> <li>• Spray around a nice flowery spring time scent</li> </ul>
Meg fetched the muck	<ul style="list-style-type: none"> <li>• Compost in a tray for students to feel &amp; smell and explore</li> </ul>
Owl raked it smooth	<ul style="list-style-type: none"> <li>• Small child's garden rake (support to rake the soil)</li> </ul>
Owl sowed peas and carrots. Mog put in a pumpkin	<ul style="list-style-type: none"> <li>• Listen to the sound of a packet of seeds being shaken</li> </ul>
Meg sowed some seeds she had found in her cauldron	<ul style="list-style-type: none"> <li>• Lentils in cauldron, to feel &amp; explore. Support the students to scatter some into the compost</li> </ul>
It was so cold no seeds grew	<ul style="list-style-type: none"> <li>• Feel a cold ice pack</li> </ul>

Mog made a scarecrow to guard his pumpkin	<ul style="list-style-type: none"> <li>Listen &amp; sing along to Dingle Dangle Scarecrow childrens song /put on hat &amp; explore some straw</li> </ul>
Meg tried to make the sun shine	
Camel's hump and vulture's eye. Make it bake and fizzle and fry	
The sun shone, it got hotter and hotter and hotter	<ul style="list-style-type: none"> <li>If in sensory room use switch to switch on a big light otherwise use a bright torch. Feel the heat of a warm wheat bag</li> </ul>
Make it rain! Make it rain!	
Splish splosh, all awash, wellington boots mackintosh	
The rain came down in sheets, splish, splash, splosh	<ul style="list-style-type: none"> <li>Rain sound effects on CD. Umbrella &amp; water spray</li> </ul>
The garden grew like a jungle	<ul style="list-style-type: none"> <li>Jungle sounds on CD</li> </ul>
They had to pull up all the weeds 1..2..3 HEAVE....POP !!!!	<ul style="list-style-type: none"> <li>Piece of stretchy material to hold onto or gently pull on the students arms, then let go as you say pop.</li> </ul>
They made a huge compost heap	<ul style="list-style-type: none"> <li>Compost smell</li> </ul>
Then they had to stake the peas and thin out the carrots	
They had to how down the rows and water the pumpkins	<ul style="list-style-type: none"> <li>Support the student to use a watering can, feel the water sprinkling on their hands / pouring into a tray.</li> </ul>

And then they had to eat them all	<ul style="list-style-type: none"> <li>• Taste peas, carrots, and pumpkin. If unable to take food feel defrosted peas in a bowl, explore real carrots pumpkin for smell texture.</li> </ul>
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The sensory resources are suggestions that you may want to use to support this story. You may want to use less or different ones that you feel work better. I always try and use music and sounds in my sensory stories with the students that I work with as they all engage with music, Dingle Dangle Scarecrow is a particular favourite with them too.

#### Resource List

- CD with sound effects on, spring time sounds, Dingle Dangle Scarecrow, rain sound effects, jungle sounds.  
Visit [www.freesound.org](http://www.freesound.org) to find a huge selection of free sounds and sound effects.
- Floral smell to spray around (essential oil in water spray / air freshener (spray up & away not directly at student can be very strong))
- Tray
- Compost
- Small child's garden rake
- Packets of seeds
- Child's cauldron
- Lentils or similar material to represent seeds
- Ice pack
- Bright torch /switch & bright light
- Umbrella
- Water Spray
- Stretchy material
- Compost smell (veg peelings in a tub with lid)
- Watering can
- Peas, carrots, pumpkin (may not always been in season frozen peas / pumpkin pie filling)

