

Meg's Veg - A Spring Sensory Story

A resource for parents and teachers within the 'Spring' theme for learning. This resource is suitable for students who attend primary or special school.

Meg's Veg by Helen Nicoll and Jan Pienkowski

An adapted sensory story

Setting the scene: [Click here for a lovely audio clip of Vivaldi with some uplifting Spring images](#). You could spray some flowery perfume/scent around the room or a scented candle would also work.

Story	Sensory Ideas
It was springtime. Time for Meg to start her vegetable garden. Meg fetched the muck. Meg dug the earth. Owl raked it smooth.	Help the students to spoon some soil from a bucket or bag to a large tray. Use a plastic fork to rake the soil. You could gently 'rake' over the student's arms while reading the story.
Owl sowed peas and carrots. Meg put in a pumpkin. Meg sowed some seeds she had found in her cauldron.	Let the student take the seeds from the 'cauldron' and give the students time to explore the 'seeds' before planting them in the soil.
It was cold, so no seeds grew.	Help the student to switch on a fan or feel some ice cubes to experience the coldness.
Meg made a scarecrow to guard his pumpkin.	Have a little dance break to the wonderful Dingle Dangle Scarecrow
Meg tried to make the sun shine by making a pumpkin spell, 'Camel's hump and vulture's eye. Make it bake and frizzle and fry'.	Get the student to stir the 'cauldron' (a saucepan) while you chant the spell.

The sun shone and the plant began to grow but it got hotter and hotter and hotter...too hot for the plant which began to die.	Take a torch out of the cauldron and shine it around. Let the student feel a hot water bottle.
Oh no...Make it rain, make it rain. Splish splosh, all awash. Wellington boots and mackintosh. The rain came down in sheets. SPLISH SPLASH SPLOSH. It's raining, it's pouring.	Put up the umbrella over the student and spray water over and around (or if you are feeling extra brave pour the contents of a watering can over the umbrella - an old shower curtain under the student's chair will save the floor.
The garden grew like a jungle. They had to pull up all the weeds. 1, 2, 3 HEAVE POP.	Hold your student's hands as you say 1, 2, 3, HEAVE POP...let go gently and fall to the ground.
They made a huge compost heap. They had to hoe down the rows and water the vegetables.	Take some old vegetable peelings, allow the student to smell these before adding them to the soil tray. Support the student to water the plants.
And then they had to eat them all. The end.	You could finish this story by eating or exploring the texture of real carrots and peas.
There is a nice retelling of Meg's Veg on You Tube here	

Possible Sensory Resources:

A scented candle	A spoon or a plastic spade	A small bucket of soil	A large tray	A plastic fork
Ice cubes or a hand held fan	A hot water bottle	Old vegetable peelings	A packet of seeds (dried lentils would also work)	A wooden spoon
A cauldron (a saucepan)	A torch	An umbrella	A spray bottle	A watering can