

Going to the park to have fun on a sensory walk

solihullonthemove.co.uk



Guidelines

Thank you for choosing to use a Social Story. Social Stories are a social learning tool that supports the safe and meaningful exchange of information between parents, professionals, and people with autism of all ages. The social story is also suited for a person who may live with a language disorder, social communication difficulties and/or a cognitive delay disability.

For your Social Story to be successful, we recommend you follow these guidelines.

- Read the Social Story often and preferably 2 weeks in advance of visit.
- The story should be read and shared in an environment free of distractions.
- Be calm, comfortable and honest when reading a Social Story.
- Help the participant comprehend key points and consistently monitor for level of understanding.
- Once the visit has taken place, revisit the Social Story to celebrate success.

- I am going to Hillfield Park today to do a sensory walk.



- I have downloaded and printed my sensory walk route from www.solihullonthemove.co.uk/get-moving/walking-in-solihull but I could also get the route on my phone using OS maps.
- I am going to follow the route and instructions. My trusted person can help me to read the instructions if I need help.

Local Walking Routes & Maps

Sensory Walks

Sensory walks allow you to use your senses to connect with your surroundings whilst you stay active.

Sense Active have partnered with Great Britain's national mapping agency, [Ordnance Survey](#). Explore the [Sense website](#) for more information.

Find a Sensory Walk near you:

1. [Download Babbs Mill Nature Reserve Route](#) or view on the OS Digital Map
2. [Download Elmdon Nature Reserve Route](#) or view OS Digital Map
3. [Download Lavender Hall Park Route](#) or view OS Digital Map
4. [Download Shirley Park Route](#) or view OS Digital Map
5. [Download Hillfield Park Route](#) or view OS Digital Map

Sensory Walk Resources:

Create your own sensory walks with these helpful resources. [Download Making a Sensory Walk Toolkit](#)

- Parks are a great area for people to go for walks.
- Sometimes I can go to a park by myself or other times I can go with a trusted person to walk with.



- There may be other people at the park and it's important to be polite and be aware of other people.



- The sensory walk route is numbered and takes me to different areas of Hillfield park to use my different senses. I will start at point number 1 on the route.
- During my sensory walk, I am asked to use my ears to listen and my nose to smell.



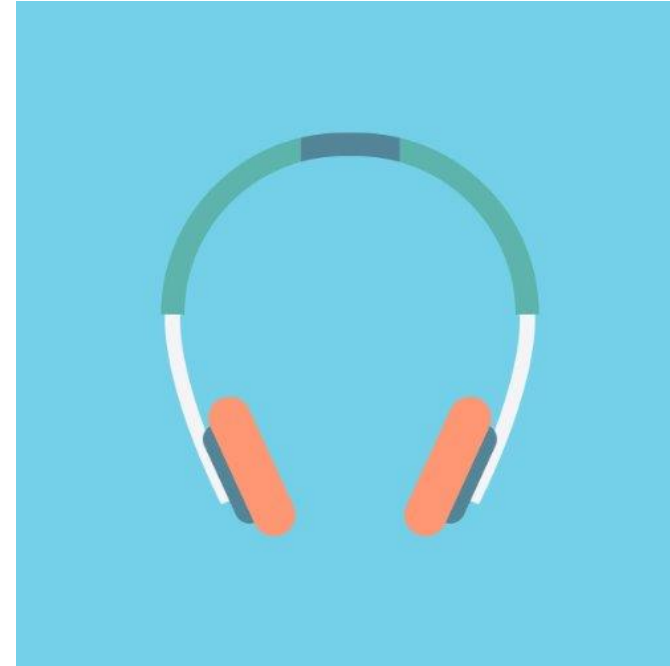
- There are plenty of places for me to sit down during the walk if I need a rest.



- There may be lots of sounds at the park.
- I might hear children and adults playing.
- Sometimes the sounds in the park might be too loud for me.



- I can wear my ear defenders to help me with the noise.
- I might find a quieter spot and sit with my trusted person for a few minutes.
- I might take some deep breaths to help me.



- Once I have completed the sensory walk, I could walk around the park some more, have a rest on a nearby seat or I can choose to go home.



- I had a great time on my sensory walk.
- I can do other sensory walks at Babbs Mill Park, Elmdon Park, Lavender Hall Park or Shirley Park.



Find a sensory walk near you!

Locations: Babbs Mill Park, Elmdon Park, Lavender Hall Park, Shirley Park, Hillfield Park.

Contact Solihull Active: 0121 704 8207.

Website: www.solihullonthemove.co.uk/get-moving/walking-in-solihull

Accessibility information: www.accessable.co.uk

solihullonthemove.co.uk

