



LESSON PLAN



Date:

Lesson:

Grade: Adaptive

Lesson Focus & Goals

The primary goal of this curriculum is to provide students with rich sensory experiences while promoting physical activity, social interaction, and emotional well-being. The Sensory crash pad serves as a flexible tool for a variety of inclusive activities.

Required Materials



Sensory Crash Pad

Objectives

Motor Skills Development: Engage in obstacle course challenges and Crash Pad Yoga to enhance gross and fine motor skills.

Team Building: Collaborate on cooperative games to develop teamwork and communication skills.

Activities

1. Sensory Exploration (K-2):

Activity 1: Sensory Storytime

Transform the canoe into a cozy reading nook, allowing students to explore books surrounded by comforting sensory materials. Introduce different textures and encourage tactile exploration.

Activity 2: Colorful Crash Pad Art

Utilize the crash pad for art activities without messy play.

Encourage students to engage in creative expression while exploring colors and textures.

2. Motor Skills Development (3-5):

Activity 1: Obstacle Course Challenge

Set up an indoor obstacle course using the crash pad. Incorporate crawling, jumping, and balancing activities to enhance gross motor skills.

Activity 2: Crash Pad Yoga (K-12):

Use the crash pad for yoga sessions, focusing on flexibility, balance, and body awareness. Guide students through gentle poses to promote motor coordination.

