



# 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. CordaRoy's Sensory Nest and Crash Pad, with its dual functionality, serve as flexible tools for a variety of inclusive activities.

## Required Materials



Sensory Nest and  
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.

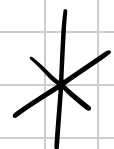
### 2. Motor Skills Development (3-5):

#### 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.





## Activities

### 3. Social Interaction and Team Building (6-8):

#### Activity 1: Cooperative Games

Collaborate on games that involve the transformation of the nest into a crash pad and vice versa.

Emphasize teamwork, communication, and problem-solving skills.

#### Activity 2: Peer-led Sensory Stations

Allow older students to create sensory stations using the Sensory Nest and Crash Pad.

Encourage leadership, creativity, and peer interaction.

### 4. Sensory Integration and Relaxation (9-12):

#### Activity 1: Mindful Moments

Create a dedicated space with the crash pad for mindfulness and relaxation sessions.

Guide students through breathing exercises and reflective activities.

#### Activity 2: Sensory Exploration Stations

Set up sensory exploration stations around the classroom using the crash pad and nest.

Encourage students to rotate through stations, experiencing different sensory elements.



### Adaptive Strategies:

- Provide visual schedules and cues for students with autism or sensory processing challenges.
- Offer seating and positioning adaptations for students with disabilities.
- Incorporate individualized sensory profiles to tailor activities to specific sensory needs.
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### Curriculum Standards:

Aligning with educational standards ensures the curriculum's relevance to academic goals. CordaRoy's Sensory Nest and Crash Pad Curriculum addresses various standards across grade levels:




#### English Language Arts (ELA):

- Reading: Comprehend and analyze sensory-rich texts during Sensory Storytime.
- Writing: Express thoughts and emotions through creative expression in Colorful Crash Pad Art.

#### Physical Education (PE):

- 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.

#### Social-Emotional Learning (SEL):

- Self-awareness: Explore emotions during Mindful Moments.
  - Social Awareness: Develop empathy and communication skills in Peer-led Sensory Stations.
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