

Sensory Input Activity #1

Objective: Provide an insight as to what it is like to be a person with autism spectrum disorder in an activity with limited sensory input in a sensory-stimulating environment.

Materials Needed:

1. Thick ski gloves
 - a. Could also use other winter gloves or mittens
2. LEGOs or similar stacking blocks
3. Loud music or other distracting noise
4. Table or flat surface

Directions

1. The facilitator will instruct the participant to put on gloves
2. Facilitator will place blocks or LEGOs in no specific order on the table or flat surface in front of participant and turn on music/distracting noise to provide auditory stimulation
3. Facilitator will provide instructions to participant on a specific order that the participant must stack or arrange the blocks in with the gloves/mittens on
 - i. Example -- "build a tower that is three blocks high and two blocks wide"
 - b. Facilitator note: be as specific as possible while giving instructions as quickly as possible to the participant
4. Participant should arrange the blocks as quickly as possible with the music/distracting noise playing
 - a. Facilitator Note: ask the participant questions after completing activity
 - i. Example -- what was difficult about this activity? Were you able to focus with all of the sensory input?