

KS1 - KS2 lesson plan

Suggested DinoDay activity plan for 6-11 year olds. The mask-making exercise can be removed to make it more appropriate for older children.

1 Introduce DinoDay

DinoDay takes place every year to raise money for families with disabled children. At this point you could reference any previous activities you've done on disability.

2 Mask-making exercise

Download the dinosaur mask-making exercise from contact.org.uk/dinoday-school
Please note that you will need to allow time for the paint to dry.

3 Watch 'A Sensory Journey Through Alder Hey'

Watch [A Sensory Journey Through Alder Hey - Alex's Story](#) with the class (2 minutes). The animation portrays how someone with autism might experience a hospital. A person with autism may experience a similar sensory overload in other busy places such as a supermarket or the school canteen. We've included some topics on disability on page two that you could discuss before they watch the animation, along with some questions to ask the class afterwards.

4 Stomp & Roar!

Get the children to don their masks and go for a stomp around the school grounds. Take a photo or video of the children wearing their masks whilst giving their loudest ROAR! Remember, the school with the loudest roar will win a [£100 sensory box](#) from Fledglings. To enter, send a video of the class roaring to fundraising@contact.org.uk or share on social media using @contactfamilies #DinoDay2023.

6 Homework

Ask the children to talk to their parents about what they learned in school. They could also ask their family if any of their relatives or friends live with a medical condition or disability, and what challenges they may have faced.

Discussion points on disability

Nearly 1 in every 10 children in the UK are diagnosed with a disability.

Some children are born with a disability and sometimes it can happen when they are older.

There are lots of different types of disabilities – some can be seen when you look at someone, and some are invisible, for example, if it affects the way someone's brain works.

A person is not disabled because of their condition. People are disabled by the world around them. If a building doesn't have a ramp for their wheelchair, or if a place is too loud for someone who is sensitive to loud noises.

Reflection on 'A Sensory Journey Through Alder Hey'

If you're playing A Sensory Journey Through Alder Hey - Alex's Story to the class, you could reflect on the video using these questions:

- Can anyone remember any of the things Alex experienced when he was in the hospital?
- How do you think it would feel to hear, smell, and see all those things at once?
- Can you think of other busy places that someone with autism might find difficult? (supermarket, shopping centre, the school canteen, a busy birthday party)
- Can anyone think something Alex could use or wear to help him cope with the hospital environment? (Alex might wear sunglasses to help with the bright lights, or ear defenders or head phones to block out some of the sounds)
- Ask the class to take a moment to think about all the things they can currently see, hear, feel and smell. For example, how does the texture of the chair they're sitting on feel and affect the whole body. What can they hear inside and outside the classroom (try opening the windows for this exercise)