



## Supportive Therapies Virtual Festival Planning Sheet

### Sensory Session

#### **Title/Aim:**

Going to the beach – a sensory story for the Supportive Therapies Festival 2020

The story: You are waking up excited to go to the beach. You get ready and start your journey. You enjoy the atmosphere – the sounds, the smells, the textures. You experience the good and bad from a typical visit to the beach in the UK! We hope you enjoy.

To create a multisensory story to experience around the theme of going to the beach.

#### **Resources Required:**

What do you need? Use things you already have!

- A torch (consider your fire grab bag... you can check the batteries work!)
- Alarm sounds from a phone or computer
- (Optional use of a wooden spoon and metal pan)
- Beach clothing e.g. swimming costumes, sunglasses, sun hats, sun cream, etc.
- Coffee, tea, fruit juice – either concentrated in an open container if just smelling or in a cup they are able to drink a little from
- Toast with jam (or similar)
- Talking tile with pre-recorded car starting and moving off or a YouTube sound effect
- (Optional use of a vibrating object)
- A fan – hand held, free standing or desk
- Use cardboard or rolled paper on the floor and secure down with tape (we also placed a thin mat over the top)
- A foil blanket (first aid kit?)
- (Optional use of a YouTube sound effect of waves crashing/seagulls)
- Musical instruments – maracas, bells, guitar, and drums, etc. – or make your own noises using kitchen pans
- YouTube sound effect – Bob Marley song, Hawaiian song, etc.
- Washing up bowl filled with pebbles/stones/sand/dry or wet seaweed, etc – and some water (you can also purchase water beads from amazon - [https://www.amazon.co.uk/dp/B0857F97N6/ref=cm\\_sw\\_em\\_r\\_mt\\_dp\\_U\\_Y1jeFbKH05NF6](https://www.amazon.co.uk/dp/B0857F97N6/ref=cm_sw_em_r_mt_dp_U_Y1jeFbKH05NF6) (or similar))
- Empty clean water bottle filled with water
- (Optional use of YouTube sound effects of waves crashing on to a beach)
- Cooked battered fish and chips, cut up (to eat). Or tuna from a tin in an open container (to smell).
- A spoonful of ice cream or an ice cube
- YouTube sound effect of seagulls
- Greek yogurt or any light coloured yogurt on a spoon
- An umbrella – clear or otherwise. Either reuse the water spray on to a clear umbrella or put some water in your hand and drip onto the umbrella.
- (Optional use of a colour changing lightbulb with control)

**Method:**

We recommend rolling up their sleeves, their trousers and taking off their shoes and socks from the start so you can continue the story without stopping.

You can have a main speaker, or you can repeat the sentence for each person with the action.

Part of the story	Words	Action
1	"It's morning and time to wake up and get ready"	Shine a bright torch in a dark room, going towards the person. Alarm sounds from a phone or computer Optional use of a wooden spoon hitting a pan
2	"We are going to the beach today. We should dress up"	Support individual to put on sunglasses, sunhat, sun cream, place swimming shorts over them
3	"It's time for breakfast"	Support individual to smell coffee, tea, toast, etc. If they are able to, offer them a bit or a sip (make drinks concentrated if only smelling)
4	"We will drive to the beach"	Use talking tile with pre-recorded car starting and moving off or noise from the computer – encourage individual to press this themselves Can involve movement of the wheelchair or light bouncing up and down – or a vibration given to the person
5	"The car is going fast, and the road is bumpy"	Use fans on a high speed for the person to go towards Place a "bump" on the floor from a cardboard box
6	"We are here – out of the car, we can hear the sea"	Use a foil blanket to create the sound of the sea (Optional – play a sound effect from YouTube of seagulls or waves crashing)
7	"We walk past a band – and join in with the music (and dancing)"	If the person is able to, encourage dancing to the music Play a sound effect from you tube such as a Bob Marley track or Hawaiian music Use any instruments you may have – a drum, guitar, bells, maracas, etc.
8	"We walk along the pebbles, they are still wet from the sea water"	Fill a washing up bowl with sand, pebbles, seaweed (wet or dry) if able to. You can also purchase water beads from amazon for a £2-£5, these need to be left in water for several hours to create a similar texture by expanding. Cover with some water. Place their bare feet into the bowl and let them experience this for a while. If they do not like their feet being touched, explore with your hands.

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9	“The sea crashes on the shore”	Spray water using a clear spray bottle towards them. Play a sound effect from YouTube of waves crashing on to a beach.
10	“We begin to feel hungry and (smell/eat) the fish and chips”	If able to – offer a small piece of battered fish and a chip Use tuna to create a fishy smell!
11	“We want a very cold ice cream too!”	If able to – small amount of ice cream Use an ice cube around their face, arms, hands, legs
12	“The seagulls are hungry too! Oops, one has pooped on you!”	Play seagull sounds from YouTube Take a teaspoon of Greek yogurt and drop from a small height above the persons arm or leg
13	“Oh no, it starts to rain. Quick – put the umbrella up!”	Put the umbrella up over the person and either spray water on a clear umbrella or drop a small amount of water from your hand on to the umbrella
14	“The sun starts to set as we go home. Thank you for a lovely day at the beach”	Turn down/off the lights Optional: use the torch and shine above the person, slowly going down and getting darker Optional: use a colour changing lightbulb going from white/yellow through to blue...

We hope you have fun watching their reactions!

