**Sensory and Music Story: Big Days Out – The Beach!**

*This ‘Sensory and Music Story’ has been designed to be used either by a parent / carer and child at home, or as part of a Music Therapy session, led by a Music Therapist via Zoom.*

**Hints and tips:**

* Gather all the props before you start. If you do not have everything exactly, don’t worry – any improvisations are fine!
* Familiarise yourself with the story and what happens where. Think how you will use the props and songs to make the most impact and sense to the child you are working with.
* It is natural to feel self-conscious about singing, but there are no ‘X Factor’ style judgements being made about your voice! If you can sing with more confidence and volume then that will make more of an impact – it does not matter if you are out of tune (or think you are!).
* If you have other small instruments at home, you may want to use these with the child you are working with during the songs.
* Read the story slowly, repeating the part of the story that has just been read when feeling the relevant props. If the child is responsive to a certain part – or you know from previous experience that they will enjoy something – then stay longer with that prop or song.

**Props:**

Big bag

Hairdryer or fan

Beach ball – or any ball!

Beach towel / towel

Sun cream – or any kind of cream / lotion

Sand / pebbles / shells

Water – one container of cold water, one container of warm water.

Ocean drum / rainstick / any kind of shaker

Scarf / wafty material

Chimes / bells

Any other musical instruments

**The Story:**

It was a lovely sunny day, so we decided to go to the beach!

What will we need to take?

**Feel:** Put beach ball, beach towel, sun cream in the bag

We all got in the van together and set off!

**Sing**: ‘We’re all going to the beach today’

As soon as we got to the beach, we could feel the warm breeze.

**Feel:** Hairdryer or fan to feel the breeze (or hot wind if hairdryer!)

The most important thing was to get some suncream on!

**Feel:** If appropriate, rub some lotion into the child’s hands

It was great to finally be on the beach!

**Sing:** ‘Oh We Do Like to be Beside the Seaside’

There were lot’s of other people around, some sun bathing, some playing catch, and some swimming in the sea!

What should we do first?

**Choose:** Offer choice of what to do first – sunbathing (beach towel) or playing catch (ball). You can then change the order of the next two sections accordingly.

Playing catch looked loads of fun! We took our beach ball out of the bag and went and joined – trying to be careful not to throw the ball onto anyone who was sunbathing!

**Feel:** Take the beach ball out of the bag and throw it!

Sunbathing on the beach looked so relaxing! We got the beach towel out of the bag and laid it out. While we were laying on it, we could reach out to the side and feel the sandy beach.

**Feel:** Take the towel out of the bag and lay it down / feel resting the childs head on it. If you have any sand / shells / pebbles, then run this through fingers.

Shall we go in the sea? I wonder if it will be really cold, or nice and warm?

**Feel:** Contrast the feel of the two different temperature containers of water.

We can hear the waves!

**Play:** If you have an ocean drum or rainstick then play them and listen to the watery sounds! You can achieve a similar affect with a shaker and moving it slowly from one side to another. You can add in sounds from the sea by searching ‘seaside sounds’ on YouTube (or use the link below).

There are some fish swimming in the sea.

**Sing:** ‘The fish in the sea go swish, swish, swish’ scarf song

I hope they are friendly fish!

**Sing:** ‘Baby shark’

Soon it was time to get back in the van. When we got home, it was already dark and the stars were out, twinkling above us. Thank you for a fun day out!

**Sing:** ‘Twinkle twinkle’ – play chimes or bells

**Song Words**

**We’re All Going to the Beach Today** *(tune – Daddy’s taking us to the Zoo Tomorrow)*

We’re all going to the beach today,

Beach today, beach today

We’re all going to the beach today,

We’re going to stay all day

We’re going out in the sun, sun, sun

To have some fun, fun, fun

We’re going out in the sun, sun, sun

It will be so much fun, fun, fun!

**Oh I Do Like to be Beside the Seaside!**

Oh, I do like to be beside the seaside

Oh, I do like to be beside the sea

Oh, I do like to stroll along the prom, prom, prom

Where the brass bands play tiddley-om-pom-pom

So, just let me be beside the seaside

I'll be beside myself with glee

For there's lots of folk beside, I should like to be beside

Beside the seaside, beside the sea

**The Fish in the Sea** *(Tune – The Wheels on the Bus)*

The fish in the sea go swish, swish, swish (wave scarf side to side)

Swish, swish, swish

Swish, swish, swish

The fish in the sea go swish, swish, swish

All day long!

Verses:

* Dolphins in the sea swim round and round (paint circle in front of you with scarf)
* The sand in the sea drifts down, down, down (slowly lower scarf or throw scarf and watch it drift to the floor)
* The waves on the sea go up and down (wave scarf up and down)

**Baby Shark**

Baby Shark  
Doo doo, doo doo doo doo  
Baby Shark  
Doo doo, doo doo doo doo  
Baby Shark  
Doo doo, doo doo doo doo  
Baby Shark

Verses:

Mommy shark….

Daddy Shark….

Grandma Shark….

Grandpa Shark….

Let's go hunt….

Run away…

Safe at last….

It's the end….

**Twinkle Twinkle**

Twinkle, twinkle, little star

How I wonder what you are

Up above the world so high

Like a diamond in the sky

Twinkle, twinkle, little star

**Useful YouTube links:**

Seaside sounds:

<https://www.youtube.com/watch?v=HKmEWRZNJ3k>

The Fish in the Sea scarf song: <https://www.youtube.com/watch?v=qHNmGN_jQzk>

Baby Shark:

<https://www.youtube.com/watch?v=XqZsoesa55w>

Twinkle twinkle – Makaton (Mr Tumble)

<https://www.youtube.com/watch?v=wah6__bc9bk>