

Sensory and Music Story: Out of this World! – Space!

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:

Hat or helmet

Space jacket – maybe a waterproof?

Musical instruments

Dark / Black material

Fairy lights

Torch and hot water bottle – or something warm to feel!

Different sized balls of balloons or balls

Big tub of water

Saucer or plate covered in tin foil

Bells / chimes

The Story:

It was a lovely sunny day – we had been to nearly all the countries, we had been to the very bottom of the ocean – there was only one place still to go – UP into space!!

Sing: We're all going to space today

Well, what will we need for our journey in to space? We definitely need space suits and space Helmets! We got changed into our special space suits – they would help keep us safe!

Feel: Put on your space helmet / hat and jacket

We got into the rocket, and readied ourselves for take off!

Sing: Zoom, zoom, zoom!

We blasted off – we were shaking around as we left the earth, it was really noisy with the engines.....

Play: Some noisy, shakey music!

....and then everything went QUIET and STILL as we started to orbit around the earth! It suddenly seemed very, very dark...

Feel: Dark / black material, listen to the quiet

As we looked closely though, we saw that it wasn't just dark... there were lots of twinkly lights of faraway stars, spiralling around...

Feel: Fairy lights for the stars, spinning around

...and a really, big BRIGHT light from the sun, which felt really warm

Feel: torch / larger light for the sun; hot water bottle

There were also planets, big and round, floating by – some near and some far...

Feel: Different sized balls of balloons or balls – float them while sing in the song

Sing: If You blast off into space

The most beautiful planet was our own planet, earth – most of what we could see was the blue of the oceans – it looked so peaceful from up here!

Feel: Big tub of water

We saw a big, round silver circle coming towards us – was it a moon? Had we discovered another planet? No – it was a flying saucer!!

Feel: Fly your flying saucer through the air! (A plate of saucer covered with tin foil)

Was the flying saucer going to take the aliens to earth? We had better warn them! ‘Houston – we have a problem!’

Feel: ‘Radio’ in to NASA to warn them about the flying saucer – use mobile phone!

We watched the Flying Saucer get closer to Earth – but before they got there they flew away - phew! I wonder what happened?

Sing: Five little men in a Flying Saucer

It was time to head back down to earth... the rocket ship was even MORE noisy and shakey on the way down!

Play: Noisy and shakey music

And then we splashed down in the blue ocean – that we had been looking at from space not long before!

Feel: Splash down into the big tub of water!

It was starting to get dark, and as we looked up into the sky, we could see the stars that we had been spiralling around with just a little bit earlier

Sing: Twinkle Twinkle

Song Words

We're all going... *(Tune: We're all going to the zoo tomorrow)*

We're all going to space today

Space today, space today

We're all going to space today

We're going to stay all day!!

We're going to space, space, space,

Will you join our race, race, race

At a fast pace, pace, pace

To get into space, space, space

Zoom Zoom Zoom

Zoom, zoom, zoom,

We're going to the moon

Zoom, zoom, zoom

We're going to the moon

if you want to take a trip

Climb aboard my rocket ship

Zoom, zoom, zoom,

We're going to the moon!

5, 4, 3, 2, 1Blast off!!!

If you blast off into Space Today (Sing to the tune of 'Teddy Bears' Picnic')

If you blast off into space today, You're sure of a big surprise.
If you blast off into space today, You'll never believe your eyes.
There's Mercury, Venus , Earth and Mars,
And Neptune and Saturn amongst the stars.
Before bedtime look up to the sky to find them.

Twinkl.co.uk

Five little men in a flying saucer

Five little men in a flying saucer
Flew round earth one day
They looked left and right but they didn't like the sight
So one man flew away

Four...

Three...

Two...

One...

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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
How I wonder what you are

Another great Space song is the Barefoot books Space Song Rocket Ride
https://www.youtube.com/watch?v=SAHy_2IFFGA

*Songs: public domain except where indicated.
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