

Sensory and Music Story: The BFG

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:

Piece of paper – to roll into a 'trumpet'

A blanket to hide under

Fan

A cucumber or something slimy or any vegetable!

A jar

Whisk (air – or water and washing up liquid!) in a big bowl!

Bubbles

A crown

The Story:

Today we are going to hear a story about Sophie and her adventures with the Big Friendly Giant!

Sing: We're going to meet the BFG

One night Sophie was in bed, trying to sleep. She heard some noise outside, and so crept to look out of the window. To her surprise, she saw a very very very tall.... Person? A GIANT? He had a suitcase, and was going to different houses down the street, silently blowing a long trumpet in through the window! How very odd!

Feel: Make a long trumpet /cone from rolling a piece of paper, and blow into it / feel it being blown

Sophie ran back to her bed and hid under the blanket, so the strange giant person wouldn't see her – but it was too late! He reached in through the window and picked Sophie up, blanket and all!

Feel: Hide under a blanket – will you get picked up by a giant?!

The giant started to run and run – and then even faster! Sophie felt like she was flying, the wind rushing past her head.

Feel: The wind from a fan rushing around you

Eventually they came to a stop. They were in a massive cave – where everything was massive! Sophie was VERY worried that she was about to be eaten – but instead the giant explained to her that, although most giants do eat 'human beans', he did not. In fact, he was the Big Friendly Giant – the BFG! Sophie was very relieved!

It was a bit scary when the BFG told her about all the other giants though! They all had horrible sounding names like The Felshlumpeater and the Bloodbottler! At least there were only 10 giants in total in the world, including the BFG – but that seemed nine too many!

Sing: The Man Eating Giant Song!

Sophie wondered what the BFG ate instead of 'human beans'. He said he ate snozzcumbers, which are disgusting striped cucumber vegetable with big warts on the skin – they were horrible a slimy and tased like frog skins and rotten fish to Sophie!

Feel: A cucumber or something slimy or any vegetable!

After the disgusting snozzcumber Sophie is thirsty. The BFG gets her his favourite (and only!) drink – a fizzy pop called 'Froboscottle'. Sophie is very confused because the bubbles in Froboscottle are going down, rather than up. The BFG shows that this is the best bit about Froboscottle – it causes you to Whizzpop!!

Feel: Look at a bottle of fizzy drink – which way are the bubbles going?

Sing: The Whizzpop Song!

The BFG explains to Sophie what he was doing with his suitcase and trumpet when he first met her. He catches dreams, stores them in jars in the cave, and then gives back only the good ones to children all around the world. He destroys the bad dreams so that no-one has to dream those nightmares! Sophie sees that there are hundreds and thousands of jars, all with labels on, telling about what good dream they contain.

What is your best dream?

Feel: A jar / many jars!

Sophie wishes there was something that could be done about the nine man-eating giants – they are so horrible! But The BFG says that nothing can be done – that there are no grown ups in the world kind enough to help. Sophie thinks this is very sad. She has a think – and then remembers that there IS one very kind grown up who could help – the Queen of England!

Sophie and The BFG hatch a plan! Sophie asks The BFG to make a special dream for the Queen about the other giants – and that ends with Sophie in the

Queens bedroom! The BFG gets to work and adds other dreams and nightmares together, whisking them together into a sea green froth.

Feel: Whisk (air – or water and washing up liquid!) in a big bowl!

It was very clever, because any parts of the dream that weren't needed just floated away as bubbles.

Feel: Blow some bubbles!

Sophie and the BFG set off for London with the dream. They land in Hyde Park, and the BFG jumps across in the Queen's back garden. The BFG finds the Queen's bedroom and blows the dream to her with his dream trumpet, and leaves Sophie on the windowsill as they had agreed.

Feel: Blow into the paper trumpet again

The Queen has the nightmare and when she wakes sees Sophie – making her realise that the nightmare was true! Sophie introduces the Queen to The BFG – and he introduces her to Froboscottle! Even the Queen Whizzpops!

Feel / sing: Sing the Whizzpop Song again while wearing a Crown!

The Queen gets the Head of the Army and the Head of the Air Force to help round up the bad giants. They take a fleet of helicopters to fly them back, after giving the giants something to make them go to sleep. The helicopters have a hard time keeping up with the BFG to get to Giant Country!!

Feel: Feel wind from a fan rushing past again.

Sophie and The BFG have saved the day! The giants are kept in a massive hole, where all they are fed are the horrible snozzcumpers! They can't eat human beings any more – and all the countries from around the world are very grateful!!

Meanwhile, The BFG and Sophie have houses next door to each other and can live happily and peacefully ever after. Sophie teaches the BFG to read and write – and in fact, the BFG wrote this very story!

Sing: Twinkle twinkle

Song Words

We're all Going to meet The BFG!

We're going to meet the BFG
The BFG, the BFG
We're going to meet the BFG
Will he eat us for tea?

Will he be very tall, tall, tall?
Will we feel very small, small, small?
Will he be friendly to us all, all, all?
We must give him a call, call, call!

The Man Eating Giants Song!

10 massive giants looking for their dinner
Ran round the world one day
One looked left and right, he had someone in his sight!
So that one ran away!

9... etc

1 massive giant looking for his dinner
Ran round the world one day
He looked left and right, but he didn't like the sight,
So a snozzcumber for him – hurray!

The Whizzpop song

Whizzpop, whizz bang!
Feel the bubbles go down!
Whizz bang, whizzpop!
Bursting all around!
Whizzpop, whizz bang!

Take it nice and slow!

You're never stopping the fabulous feeling of whizzpopping wherever you go!

(from film)

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

Songs: public domain except where indicated.

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