

Sensory and Music Story: Burns Night!

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:

Something to get 'dressed up' in – something tartan, something smart, some bling...

Glass of something to toast the haggis with

Red roses / rose smelling hand cream

Something to be the Loch Ness Monster... & water tank

Cow / other cuddly toy

A piece of bread to feed the cow with!

Musical instruments to join in with the songs.

The Story:

There is not much to celebrate at the end of January... at least not in England! All the parties of Christmas and the New Year are over. But if we go on a journey further north, to Scotland, perhaps we can join with their Burn Night celebrations? And we can have a mini break in Scotland while we are there – perfect!

Sing: We're all going to Scotland today

But how will we get there? Which route should we take? The high road?
Or... the low road?

Sing: Loch Lomond

Well, whichever way you went, we have arrived in Scotland! Burns Night is celebrated on 25th January every year – so let's go to a Burns Night party now! First of all though, we have to get dressed up! People wear their smartest clothes... especially anything made of tartan! Let's get ready!

Feel: Get 'dressed up' – you might have something tartan to put on, or a special hat or jacket, or some bling!

Burns Night celebrates Robert Burns, who was a poet and song writer many years ago. On Burns Night some strange foods are eaten and poems read... but mainly people just have a good time!

The strangest food is a Haggis – it sounds like a small animal, but actually it is made from lots of the insides of sheep – yuck! Fortunately there are veggie versions too!

There is lots of music too – especially on the bagpipes – in fact, the haggis is so important, it is played in on the bagpipes!

Watch: Piping in the haggis / Process in with it ourselves
<https://www.youtube.com/watch?v=iyNYEpxX0-g>

After reading a poem about the haggis, there is then a toast to the haggis, before everyone can start eating!

Feel: Toast the haggis with a glass of ~~whisky~~ apple juice!

As well as special foods, there are songs. The most famous song Robert Burns wrote is 'Auld Lang Syne' which we normally sing at New Year, but is sang at a Burns Supper as well...

Sing: Auld Land Syne

Robert Burns also wrote the words to this song – My Love is Like a Red Red Rose. After our big Haggis meal it was nice to chill out for a bit!

Feel / listen: Feel and smell the roses while chilling out listening to the song.

Well, now we are up here, what else shall we do in Scotland? We could visit Loch Ness, and see if we can see the Loch Ness Monster!

Feel: A cuddly or sensory snake or monster or similar! – reach into a water tank of beads to get it

Sing: Row Row Row – Nessie version!

Arghhh!!! Was that it? Was that the Loch Ness Monster?? If only we had got a photo of it!

Scotland is very beautiful, with lots of mountains and lochs to look at... even though it is a bit cold in January! We kept warm with another Scottish song... especially as it felt we had travelled more than 500 miles!

Sing: I'm Gonna Be (500 Miles)

When we were going past a field though we saw some very unusual cows – or coos! Instead of being black and white like the ones we are used to seeing on the farm, some of these had big horns, and they had thick, curly ginger hair – they were highland cows! They looked a bit scary, but actually the lady who

was with them in the field said they were really friendly, and called them over so we could feed them pieces of bread!

Feel: 'Feed' a cow or other cuddly toy – feel something?

It felt great to be away somewhere that felt so different for a while.

Sing: Touch the Sky – from 'Brave' Disney

It was time to head back to Essex – shall we take the high road or the low road this time? As we said goodbye to Scotland, the stars were starting come out.

Sing: Twinkle twinkle

Song Words

We're all going to Scotland today

We're all going to Scotland today
Scotland today, Scotland today
We're all going to Scotland today,
To celebrate Robert Burns!

Shall we eat neeps and tatties,
And maybe even some haggis
Although who knows what that is!
We'll find out at Burns Night!

Loch Lomond

You'll take the high road and I'll take the low road,
And I'll be in Scotland afore you.
Where me and my true love will never meet again,
On the bonnie, bonnie banks of Loch Lomond.

Auld Lang Syne

Should auld acquaintance be forgot
And never brought to mind?
Should auld acquaintance be forgot
And days of auld lang syne?
For auld lang syne, my dear
For auld lang syne
We'll tak a cup o' kindness yet
For days of auld lang syne

Row Row Row
Row row row your boat
Straight across the loch
If you see a monster there
Scream out in shock!

Row row row your boat
Right across Loch Ness
If you see Nessie there
Scream out in distress!!

I'm Gonna Be (500 Miles)

When I wake up, well, I know I'm gonna be
I'm gonna be the man who wakes up next to you
When I go out, yeah, I know I'm gonna be
I'm gonna be the man who goes along with you

But I would walk five hundred miles
And I would walk five hundred more
Just to be the man who walked a thousand miles
To fall down at your door

Da lat da (Da lat da), da lat da (Da lat da)
Da-da-da dun-diddle un-diddle un-diddle uh da-da
Da lat da (Da lat da), da lat da (Da lat da)
Da-da-da dun-diddle un-diddle un-diddle uh da-da

Writer(s): Charles S. Reid, Craig M. Reid, Charles Stobo Reid, Craig Morris Reid

Touch the Sky

When the cold wind is a-calling
And the sky is clear and bright
Misty mountains sing and beckon
Lead me out into the light

I will ride, I will fly
Chase the wind and touch the sky
I will fly
Chase the wind and touch the sky

Where dark woods hide secret
And mountains are fierce and bold
Deep waters hold reflections
Of times lost long ago

I will hear their every story
Take hold of my own dream
Be as strong as the seas are stormy
And proud as an eagle's scream
I will ride, I will fly
Chase the wind and touch the sky
I will fly
Chase the wind and touch the sky

Songwriters: Mark Andrews / Alexander L Mandel
Touch the Sky lyrics © Universal Music Publishing Group

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

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