

Sensory and Music Story: Time Machine -1980's

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 at Little Havens.

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:

Time Machine hats / lights eg torch / metallic sounds – eg cutlery!

Coloured bells – or something coloured green / orange/ red / blue to play or shake at different times

Bright work out gear

Anything to do with 80's films – eg treasure or pirates (Goonies!), bike or phone for ET, light sabre or something that could be one!

Instruments, inflatable instruments, glow sticks

Confetti / rice

The Story:

It was a lovely sunny day – where shall we go today in our Time Machine? Last time we went all the way back to the time of the dinosaurs – this time we are going nearly as far – to the 1980s!!

Sing: We're all going to the 1980s

Let's put on our Time Machine hats... and press the button to get it going.... and there was lots of loud noise and flashing lights...

Feel: Put on your Time Machine hat (the crazier the better!)
/make some clunking noise / flashing lights

....but then suddenly it all went quiet!! We must have arrived!! We slowly pushed open the door to see what we could see... Had we arrived in the 1980s? In some ways it just looked the same as normal but then we stumbled across a giant cube! All the sides were different colours – red, yellow, blue, green, orange... what could it be?

It's a giant Rubiks cube!! People played with Rubiks cubes in the 1980's – but they weren't quite as big as this one! It must be magic!

There were some coloured bells next to it in the same colours as the sides – what happens when we ring a bell?

Play: Play the green bells / shake anything green

It must be a magic Rubiks cube, because as soon as we played the green bell it took us to.... An aerobics studio!! Doing aerobics was very popular in the 1980s – shall we join in with a workout?

Feel: Get dressed with any sweat bands / leg warmers etc, and follow the workout!

Oof – that was exhausting! Where will the magic Rubiks Cube take us next? Which colour shall we go for??

Play: Play the orange bells / shake anything orange

Where is it taking us?? To the... well, it seems like we are in some kind of shop?? There's lots of things that look a bit like books on the wall but they are made of plastic and... I know, we are in Blockbusters!! In the 1980's we couldn't stream all the TV and films, we had to go to Blockbusters and rent them! There were some great films out in the 80's tho...

Feel: Video tapes / cassette tapes / ribbon – or anything that feel like the 'tape'

Watch / feel: Snippets / quotes from films – eg Goonies gold, ET phone home, Star Wars.

Where will the magic Rubiks cube take us next? What colour shall we activate?

Play: Play the red bells / shake anything red

Where are we now? We seem to be – at a massive concert! It must be LiveAid – oh yes look, there's Bob Geldof. There was some amazing music in the 1980's too – let's play along!

Play: 1980's medley – with instruments

I think there is one more set of bells with the magic Rubiks cube – where will that take us?

Play: Play the blue bells / shake anything blue

We are at St Paul's Cathedral – it's the wedding of Prince Charles and Lady Di!! We are all guests at the wedding!!

Feel: Throw confetti or rice!!

Well we have visited all the sides on the magic Rubiks Cube – we need to go Back to the Future!! Let's get back in the Time Machine!

Feel: Time machine hats / sounds

Thank you for coming with us in the time machine!!

Sing: Twinkle Twinkle

Song Words

We're All Going to the 1980s

We're all going to the 1980s,
The 1980s, the 1980s
We're all going to the 1980s
In our Time Machine!

All the colours were so bright, bright, bright
The fashion was a sight, sight, sight
The lycra was so tight, tight, tight
Everything was alright, right, right

1980's medley

Buddy, you're a boy, make a big noise
Playing in the street, gonna be a big man someday
You've got mud on your face, you big disgrace
Kicking your can all over the place, singin'
We will, we will rock you
We will, we will rock you

Oh, here we are and here we are
And here we go
All aboard and we're hittin' the road
Here we go, oh, rockin' all over the world
And giddy up and giddy up
And get away
We're goin' crazy and we're goin' today
Here we go, oh, rockin' all over the world
And I like it, I like it
I like it, I like it

I li-li, like it, li-li-li
Here we go, oh, rockin' all over the world

Every breath you take
And every move you make
Every bond you break
Every step you take
I'll be watching you
Every single day
And every word you say
Every game you play
Every night you stay
I'll be watching you

I've paid my dues
Time after time
I've done my sentence
But committed no crime
And bad mistakes
I've made a few
I've had my share of sand kicked in my face
But I've come through (and I mean to go on, and on, and on, and on)
We are the champions, my friends
And we'll keep on fighting 'til the end
We are the champions
We are the champions
No time for losers
'Cause we are the champions
Of the world

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. Story © Ruth Ellam 2020 / 2025