

Sensory and Music Story: Time Machine – The 1960'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!

Salad spinner

Tambourine

Protest / peace signs

Scarves

Flowers, sun glasses, tie dye

'Mud' to feel (eg cocoa powder, cornflour and water), water spray

Lava lamp or any glow in the dark

The Story:

It was a lovely sunny day – where shall we go today in our Time Machine?

Song: We're all going to the 1960's

Ok, let's get going and get our time machine hats on!

Feel: Time machine hats and noise / lights

Have we made it to the 1960's? Let's carefully take our time machine hats off and find out!

Song: Welcome to the 60's

Well it definitely seems like we are here! There was so much good music written in the 1960s – I hope we get to sing along to some of it! They listened to records in the 1960s rather than streaming on itunes – the records spun round and round and round!

Feel: Salad spinner record players!

Sing: Hit the Road Jack (?) – getting faster / stopping with the spinning.

The Beatles were one of the biggest bands in the 1960s – they came from Liverpool but were really famous in America – when they did they concerts you could hardly hear them playing because of everyone screaming!

Sing: Beatles medley – with screaming!

One of our favourite instruments was very popular in the 1960s too – the tambourine! It even had whole songs written about it!

Sing: Mr Tambourine Man

Play: Tambourines

Sometimes songs became really important for other reasons. In the 60s there were lots of peace marches and demonstrations against war and inequalities, and songs were sung as a protest and to help show how people felt.

Feel: Hold up signs

Sing: Blowin in the Wind - and feel scarves

How could we get more into feeling like we were in the 60s? We came across some hippies, who invited us along in their camper van – so we made sure that we were dressed like them, with hippy flower power, and got on the bus to go on a trip!

Feel: Flowers, sunglasses etc, tie dye

Sing: We're all going on a Summer Holiday

They took us to Woodstock – a massive music festival! There were thousands of people here listening to lots of different bands – even though it rained and was muddy!

Feel: Mud! And water spray

Sing: A Little Help From my Friends – Joe Cocker

After all that we needed to just chill out for a while. They were very good at chilling out in the 60's – sitting around and watching lava lamps, or in the dark at psychedelic pictures like the smiley face.

Watch: Lava projection, glow in the dark

At the end of the 1960s, the world changed again with millions of people tuning in to watch the moon landings on tv.

Listen: 'One small step for man...'

Sing: Zoom Zoom Zoom We're Going to the Moon

And with that ,we realised that we should get back in the time machine and go back to the future...

Feel: Time machine hats and song

... as the stars were beginning to come out. Thank you for coming with us in the time machine!! **Sing:** Twinkle Twinkle

Song Words

We're all going to (*tune We're all going to the Zoo*)

We're all going to the 1960's,
1960's, 1960's.

We're all going to the 1960's,
We're going to stay all day!

In the 60s music was everything,
So we're going to sing, sing, sing,
Make the instruments go ding, ding, ding,
As we have our 60's fling, fling, fling!

Welcome to the 60's!

Hey mama, welcome to the 60's
Oh, oh, oh, oh, oh, oh
Oh mama, welcome to the 60's
Oh, oh, oh, oh, oh, oh
Go mama, go, go, go
Welcome to the 60's
Oh, oh, oh, hey mama, hey mama
Yeah, yeah, yeah

Songwriters: Marc Shaiman / Scott Michael Wittman

Welcome To The 60's lyrics © Universal Music Corp., Winding Brook Way Music, Walli Woo Entertainment, Walli Woo Ent.

Hit the road Jack and don't you come back
No more, no more, no more, no more
Hit the road Jack and don't you come back no more
What you say?

Hit the road Jack and don't you come back
No more, no more, no more, no more
Hit the road Jack and don't you come back no more

Songwriters: Percy Mayfield

Hit the Road Jack lyrics © Kassner Associated Publishers Ltd., Tangerine Music Corp.

Beatles Medley

Well, shake it up, baby, now (shake it up baby)
Twist and shout (twist and shout)
Come on, come on, come, come on, baby, now (come on baby)
Come on and work it on out (work it on out)

Well, work it on out, honey (work it on out)
You know you look so good (look so good)
You know you got me goin' now (got me goin')
Just like you knew you would (like I knew you would)

Songwriters: Bert Russell / Phil Medley

Twist and Shout lyrics © Songtrust Ave, Sony/ATV Music Publishing LLC

In the town where I was born
Lived a man who sailed to sea
And he told us of his life
In the land of submarines
So we sailed on to the sun
Till we found the sea of green
And we lived beneath the waves
In our yellow submarine

We all live in a yellow submarine
Yellow submarine, yellow submarine
We all live in a yellow submarine
Yellow submarine, yellow submarine

Writer(s): Paul McCartney, John Lennon

All you need is love
All you need is love
All you need is love, love
Love is all you need

All you need is love
All you need is love
All you need is love, love
Love is all you need

Songwriters: Paul McCartney / John Lennon

All You Need Is Love lyrics © Sony/atv Tunes Llc, Shapiro Bernstein & Co Inc, Mpl Communications Inc

Hey Jude, don't make it bad
Take a sad song and make it better
Remember to let her under your skin (oh)
Then you begin (let it out) to make it better
Better, better, better, better, better (let yourself go)

Yeah-yeah-yeah, yeah-yeah-yeah-yeah (na-na-na, na-na-na)
Na-na-na-na, hey Jude
Na-na-na, na-na-na-na
Na-na-na-na, hey Jude
Na-na-na, na-na-na-na
Na-na-na-na, hey Jude
Na-na-na, na-na-na-na
Na-na-na-na, hey Jude

Songwriters: Paul McCartney / John Lennon
Hey Jude lyrics © Sony/atv Tunes Llc, Mpl Communications Inc

Mr Tambourine Man

Hey, Mr. Tambourine Man, play a song for me
I'm not sleepy and there is no place I'm going to
Hey, Mr. Tambourine Man, play a song for me
In the jingle jangle morning I'll come following you

Songwriters: Bob Dylan
Mr. Tambourine Man lyrics © Universal Music Publishing Group

Blowin' in the Wind

How many roads must a man walk down
Before you call him a man?
How many seas must a white dove sail
Before she sleeps in the sand?
Yes, and how many times must the cannonballs fly
Before they're forever banned?
The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

Yes, and how many years must a mountain exist
Before it is washed to the sea?
Yes, and how many years can some people exist
Before they're allowed to be free?
Yes, and how many times can a man turn his head
And pretend that he just doesn't see?
The answer, my friend, is blowin' in the wind
The answer is blowin' in the wind

Songwriters: Bob Dylan
Blowin' In the Wind lyrics © Special Rider Music, Universal Tunes

Summer Holiday

We're all goin' on a summer holiday
No more workin' for a week or two
Fun and laughter on our summer holiday
No more worries for me or you
For a week or two
We're goin' where the sun shines brightly
We're goin' where the sea is blue
We've seen it in the movies
Let's see if it's true

Songwriters: Brian Laurence Bennett / Bruce Welch
Summer Holiday lyrics © Emi Music Publishing T/as Elstree Music

A Little Help from my Friends

What would you do if I sang out of tune
Would you stand up and walk out on me?
Lend me your ears and I'll sing you a song
And I'll try not to sing out of key

Oh, I get by with a little help from my friends
Mm, I get high with a little help from my friends
Mm, gonna try with a little help from my friends
Songwriters: Paul McCartney / John Lennon

With a Little Help from My Friends lyrics © Sony/atv Tunes LLC, Mpl Communications Inc

Zoom Zoom Zoom

Zoom, zoom, zoom
We're going to the Moon
Zoom, zoom, zoom
We're going to the Moon
If you wanna take the trip
Climb aboard my rocket ship
Zoom, zoom, zoom
We're going to the Moon
5,4,3,2,1 Blast off!!!!

Songwriters: Wendy Wiseman / Christopher John D Pennington / Sherry Segal

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