

Sensory and Music Story: Celebrating – Summer Holidays!

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:

Instruments

Streamers / party poppers

Big bag with sun cream, beach ball, towel, bucket and spade

Soft sand tray, pebbles and sea shells – or use flour / cornflour

Trays with different temperature water – warm / cold

Soft yellow scarf or a heat bag

Fan

Ocean drums / rainsticks – or something with rice in

Chimes

Water spray

The Story:

It was a lovely sunny day – and we have made it at last – it's the summer holidays!!!

Feel: Cheering, streamers etc

Listen: Celebrate Good Times!

Ooo what shall we do?! Shall we go out for a day at the beach? Or maybe stay there all week?!

Sing: We're all Going to have the Summer Holidays!

Let's pack our bags!!

Feel: Pack a big bag with sun cream, beach ball, towel, bucket and spade etc etc – any thing that you might take to the beach!

We got to the beach and went down to lay out our spot – let's get the beach towel out of the bag, so we can unfurl the towels and put them down on the sand.

Feel: Get towels out of bag and 'unfurl' beach towels

We must put on our sun cream! I hope we packed it!

Feel: Get sun cream out of the bag and massage sun cream into hands if appropriate – smell sun cream

We could really feel the soft sand, and then the hard little pebbles and shells.

Feel: Tray with sand and shells – or flour

I wonder if we can make a sand castle? Let's get the bucket and spade out!

Feel: get bucket and spade out of bag – make sand castles / into a shape
Need tray with slightly wetter sand / flour?

It's such a nice day just being at the beach!

Sing: Oh I do like to be beside the seaside

Do you think we should brave going in the sea? Are you going in? I'm going in! What's it like... is it warm or cold? Let's splish splash our feet!

Feel: Different temperature water – warm / cold

After all that excitement it was lovely to just lay and relax on the beach. We could feel the warm sun on our faces...

Feel: waft a soft yellow scarf above heads or feel a heat bag

Sing: Feel the warm sun on your face

We could feel a gentle breeze...

Feel: Fan

Sing: Feel the gentle breeze flow

We could hear the waves...

Play: Ocean drums / rain sticks

Sing: Hear the waves go in and out

And the sea gulls...

Play: chimes

Sing: Hear the seagulls sing sing sing

And feel the gentle sea mist...

Feel: water spray

Sing: Feel the sea mist all around

Ahhh, it was lovely.....ZZZZZZZ.....

Wait – we didn't fall asleep on the beach did we?! How can we wake ourselves up?! Let's get the beach ball out!

Feel: Get beach ball out of bag, and play together

We wandered over to the jetty, where people were going crabbing! I wonder if we can catch any crabs?!

Feel: String to dangle to catch the crabs

Song: Five Little Crabs...

We wandered back up the beach to sit together at the beach bar to watch the sun go down over the ocean...

Feel: Different colour scarves through sunset colours

We sat and chilled out watching the sun go down until the stars began to come out...

Sing: Twinkle twinkle

Song Words

We're all going to have the summer holidays

Summer holidays, summer holidays
We're all going to have the summer holidays
Six whole weeks off school!

Shall we go to the beach, beach, beach,
And hear the seagulls screech, screech, screech,
We shall lay on the sand, sand, sand,
And get really tanned, tanned, tanned!

Oh! I do like to be beside the seaside!

I do like to be beside the sea!
Oh I do like to stroll along the Prom, Prom, Prom!
Where the brass bands play, "Tiddely-om-pom-pom!"
So just let me be beside the seaside!
I'll be beside myself with glee
and there's lots of fun beside,
I should like to be beside, beside the seaside,
beside the sea!

Feel the warm sun on your face,

On your face, on your face
Feel the warm sun on your face
On the beach!

Feel the gentle breeze flow
Breeze flow, breeze flow
Feel the gentle breeze flow
On the beach!

Hear the waves go in and out
In and out, in and out
Hear the waves go in and out
On the beach!

Hear the seagulls sing sing sing
Sing sing sing, sing sing sing!
Hear the seagulls sing sing sing
On the beach!

Feel the sea mist all around
All around, all around
Feel the sea mist all around
On the beach!

Five Little Crabs

Five little crabs were playing one day,
Under the jetty, scuttling away
Along came crab line – down, down, down – gotcha!
And only four little crabs came back!

Four... etc

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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