

COLLAR & CUFFS CO PRESENTS

Rain & Sun

Part 5 of the Strings & Things sensory story suite

Commissioned by



Mainspring
Arts

Supported by AOK Trust

**time to change
champion**

helping to end mental health discrimination



Family Arts
Standards

with Family and Childcare Trust

5. Rain & Sun

Resources Required

A ball of string

You will need this for every story in the suite, it doesn't matter what colour or material the string is made from: it just needs to be sufficiently long to wind into a ball and so you can make multiple sensory effects with it by trimming pieces off and still have enough left to keep a ball, and it needs to be reasonably strong too. Alternatively, you could use wool or ribbon.

A device to stream audio tracks & sound effects on

Click the link: <https://soundcloud.com/julia-collar/sets/rain-sun-sensory-story-songs-sounds>

A device to play a YouTube video on

Click the link: https://youtu.be/MhiUuv9DO_U

Jar with a lid & washing-up liquid - optional extras: glitter, food dye, water beads. Or, if you have neon paint you could also combine with a UV torch

To make a tornado jar, fill your jar two-thirds with water and add a really big squeeze of washing-up liquid. Screw the lid on tight, shake well to mix. To use, whip round in a circular motion five times; a tornado should form in the jar. Glitter, beads and food dye can create more visual impact; mixing neon paint into the water and combining with a UV torch (about £5 from eBay) will create impact in a darkened space.

Fan or other air-blowing device

An electric fan would be ideal, however using a large piece of stiff cardboard can also create a good, strong gust of air.

Metal saucepan lid or a large bowl covered in foil

Build an anemometer - decorate to create more visual impact if desired

Version using cups, straws, drawing pin and a pencil: <https://www.youtube.com/watch?v=Af0LB3abBsk> If you don't have a hole puncher then carefully use a biro or skewer instead.

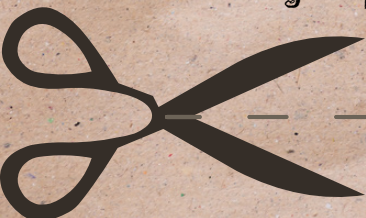
Version using bottle caps, a CD and a marble: <https://www.youtube.com/watch?v=F4iUPbbblpA>

A salad spinner, spinning top or paper/foil windmill would be good alternatives.

Cushions, pillows or balled-up socks A bowl of water

A mug with something squishy inside e.g. jelly, playdough, soft fabric or cotton wool

A belt or long strip of material CD/DVD and a torch/sunny window



To Start the Story

The preface to every story in the suite

Each story starts and ends the same way, creating routine and consistency that orients the person you're sharing the tale with and supporting transitions in and out of the experience.

If you use Story Massage then download the strokes for the poem by clicking the image:

If you don't, then follow the actions overleaf; the words in **BOLD** are the ones you read, the words in normal are the actions.



We found a magic ball of string,
It came to us from Who Knows Where.
With it we can make most anything:
A telephone, a flight of stairs.
A hole in a tree, the moon in the sky,
A fishing line, a butterfly.
With our string we explore both
Known and unknown -
The whole world awaits!
But, without leaving our home.



**We found a magic ball of string,
It came to us from Who Knows Where.
With it we can make most anything:**

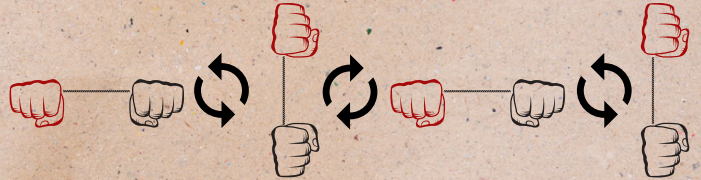
Roll the ball of string slowly and rhythmically on the person's palm

A telephone,

Hold the ball to the person's ear

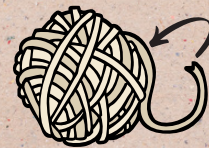
a flight of stairs.

Hold a short length of string horizontally between your hands and keeping your left fist stationary, rotate the string 90 degrees left to vertical; then, keeping your right fist stationary; rotate 90 degrees right back to horizontal whilst raising your arms to give the impression of stairs - invite/assist the person to hold the string in the middle while you move. See diagram below.



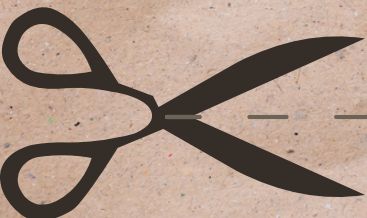
A hole in a tree, the moon in the sky,

For the hole, pull some string from the ball and touch the free end back onto it to create a circle; your person may like to feel the circle, or you could peep through it. Vary the size of the circle by making big ones you could fit your whole body through and small ones that slip over a finger like a ring. For the moon, lift a circle up above your heads.



A fishing line, a butterfly.

For the fishing line, use the free end and 'cast' the line out across the room or gently on to the person's hand or lap - can they catch it? For the butterfly, take the free ends of the string and make it into two floppy loops. Hold the loops in your fist and flap them like wings.



**With our string we explore both known
and unknown -
The whole world awaits!**

Return to rolling the ball of string around your person's palm.

But without leaving our home.

Close the person's fingers over the ball of string with yours over the top, and rest.

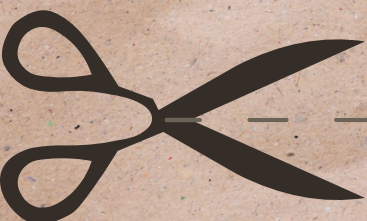
Song: We've Got A Tale To Tell

Clap, tap, bang, or stamp along - focus on rhythm and anticipation: use instruments or pots and pans, or just your bodies.

**We're going to tell a tale,
We've got a tale to tell
We don't know where it ends,
We just know that it ends well.**

**It may roll round the sofa,
It may roll out to sea
We're going to chase that tale
And see what we can see!**

**Hey, ho, and let's pretend
Unravel the tale, see where the yarn ends
Hey, ho, and let's pretend
Unravel the tale,
And see where the yarn ends!**



Rain & Sun

Sensory Story

The words in **bold** are the ones you read out, the ones in normal describe sensory activities and experiences to support the story.

One day, everything was different. We had to stay at home. We couldn't go out, not even to school/swimming/day centre, etc. We couldn't see our friends. We couldn't even see our family unless they lived in the same house as us. We missed everyone lot.

Staying at home felt strange, but we knew we had our magic ball of string, and with string we can do most anything!

Roll the ball of string on the person's palm or lap. After a few repetitions, shake the ball on the person's hand, leg or chest to create a vibration, and get ready to use your air-blowing sensory effect.

What's that I can feel?

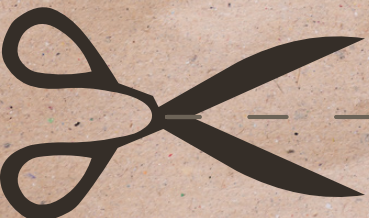
Blow/fan air onto your person.

It's a very strong wind. It seems to be coming from our ball of string - if we make a big loop with the string, perhaps we can go through it and travel to somewhere else?

Make a big loop and fit yourselves through it together.

We are beside a road out in the middle of the countryside, but it doesn't look like our country - the fields stretch on forever! There are several vans parked up, and people shouting to each other to be heard over the sound of the wind.

Play the wind and people sound effect and blow/fan air again.



The people wave to us and invite us to come closer. We can see lots of satellite dishes and equipment on the roofs of their vans. We point to a windmill that looks like it's made of cups. They tell us it's an anemometer, and it's used to measure the speed of the wind.

Offer your person the saucepan lid/bowl to feel as the satellite dish, and then the anemometer - blow it round to watch and feel it spin.

The people tell us they are meteorologists, scientists who study the weather. They're following storms, looking for tornadoes: this must be America! A tornado is a spinning tube of air that has one end in the clouds, and one end on the ground. They can be really powerful, dangerous and destructive. One of the meteorologists gives us a tornado jar to help us understand what they look like.

Spin your tornado jar to watch a tornado form and fade.

The meteorologists tell us that one of their vans has broken down, which means some of their team can't come with them to chase the next storm. They all love chasing storms - it's very exciting work - so the team from the broken van are all feeling very disappointed.

Make grumpy faces and lots of huffing and puffing noises - help your person to feel your grumpy face with a down-turned mouth, furrowed eyebrows, etc, or use a mirror together to practice grumpy faces: who can pull the grumpiest one?

The meteorologists check their equipment: it's beginning to rain, and the next storm is coming.

Sprinkle water on your person as rain.

They have to go now, quickly, so they don't miss it. They drive away fast, leaving their friends behind. The van crew are now stuck. One of them feels so upset that they start throwing rocks into the fields to release their frustration.

Play the sound effect of the van starting then driving away. Use cushions or balled-up socks and invite your person to throw them as hard as they can at the floor or towards a target - a wastepaper bin or laundry basket could be good options.



We speak to the meteorologists: we're very sorry about your van, we can see how hard it is to be stuck here. We can see you look and sound angry. Anger is a strong, tough shell to protect all your soft, worried, disappointed and frightened feelings inside.

Offer your person the mug and feel the hard, cold outside - tap or flick it to make it ring or chink. Invite your person to feel the soft and squidgy texture hidden inside.

When everything changed and we had to stay safe at home, we sometimes felt angry - we felt we were missing out on lots of fun! We also felt stuck like you, left behind, or even forgotten about altogether. We sometimes showed how we felt with our voices and our bodies: sometimes we even looked quite scary. Our feelings whirled like an angry, stormy tornado.

Use the tornado jar again.

Our feelings give us important information. They tell us there's a problem to be solved, but we can't solve our problems if we are feeling all stormy. We can use calm things like music, breathing, movement, and nice things to look at to help our stormy tornado feelings settle. Our special people can be alongside us to keep us safe until the storm has passed. Let us show you.

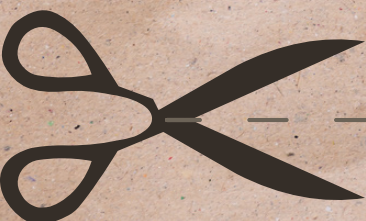
Play the video of 'Tornado'. Breathe in time to the music: in for 4 beats, out for 4 beats. You can measure out four beats by tapping a palm on your person's chest or back like a heartbeat, or by using your paper/cardboard fan to make four passes of air. You can also combine with the tornado jar.

When we feel calmer, our special people can help us find ways to feel less anxious or frightened about what we're missing out on. Sometimes, when we find our calm, we can be really clever about how we solve our problems. We can see *you* feel a bit better - let's have a look at your engine.

Play the sound effect of the van ignition failing a couple of times.

Oh dear, that doesn't sound good. Should this bit be flapping around like that?

Flap the two ends of the belt, invite your person to feel and flap them too.



We can fix this with our ball of string! If you hold the ends, I can wrap the string round and tie it together. Now, let's try the engine again...

Bind the ends of the belt with the string to create a secure connection, invite your person to tug on it to check. Play the sound effect of the van starting and driving away, but fade it quickly before you hear the gears change. Cheer and have a high five when it starts.

The meteorologists are very pleased we've fixed their van. They look at their equipment, they can see the storm is not too far away - they could still catch up with it.

Blow the anemometer again and play the wind sound effect.

The meteorologists jump in their van and begin to drive away. As they do, the sun comes out, even though it's still raining, and a rainbow spreads across the sky.

Tilt your CD/DVD into your light source, e.g. a torch or strong sunlight through a window, and reflect a rainbow onto a white surface e.g. a plate, tray, sheet of card, etc. You can even sprinkle some water onto the rainbow too.

It's time for us to wind back the ball of string and go home.

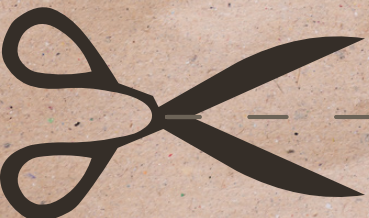
Make a big loop of string and fit yourselves through it.

Goodbye meteorologists, really glad we helped to fix your van! Good luck chasing the storm!

Hold the loop open with one hand and wave through it. Play the sound effect of the van starting and driving away.

I wonder if they'll catch it? I wonder if their van will break down again? Look, we forgot to give them their tornado jar back - oh well, maybe we can keep it somewhere safe and use it the next time we have any stormy feelings.

Use the tornado jar again.

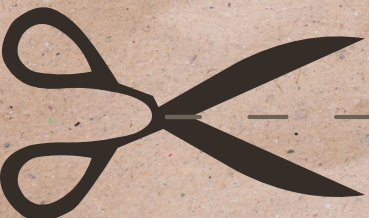


To End The Story

The epilogue to every story in the suite

**We used our magic ball of string,
That came to us from Who Knows Where.
With it we made most anything:
A telephone, a flight of stairs.
A hole in a tree, the moon in the sky,
A fishing line, a butterfly.
With our string we explored
Both known *and* unknown.
The whole world was ours!
But, without leaving our home.**

Repeat Story Massage or movements used in the prologue, adjusting for the word changes.



Song: The Tale That Was Told

Rock or sway to the song, repeat as required. Alternatively you could roll the ball of string in your person's palm again as a calming massage.

The tale that was told,

It was told to last.

We called up tornadoes and rainbows

line changes depending on story

We created our past.

For now it is done,

It rests in our reverie;

For the tale that was told

Is made of nought but a memory

And here the tale ends,

And here the tale ends.

And here, and here,

And here the tale ends.

