

COLLAR & CUFFS CO PRESENTS

Time & Tide

Part 4 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

4. Time & Tide

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/time-tide-sensory-story-songs-and-sounds>

Optional - a device to play a YouTube video on

Click the link: <https://www.youtube.com/watch?v=HPRPAdVLiss> If you don't have a suitable device or screen, then just use the audio.

Sand

If you don't have sand then sugar, salt or dry rice could be used. If you are concerned about ingestion then put your chosen substance into a sock, tie loosely, and offer this as a tactile sensation instead.

Fabrics

One piece will create some royal robes, so if you have anything in a deep colour or made of velvet, satin or silk then this would make an excellent choice, however, a bed sheet or even a dressing gown would be great. The other is to create the sea - any colour will do, but blue, grey or white would be ideal.

Washing-up bowl/tuff tray/roasting tin or a footspa

Needs to be something your person can comfortably fit their feet or hands in and, ideally, yours too! Fill with warm water and ensure the temperature is safe before using - add bubbles if your person would enjoy them.

Flags or Pompoms

Any European flags will do - this is to recreate a mini Eurovision Song Contest; King Cnut (pronounced Kah-Noot) was Danish and his country's flag is easy to make (red with a white cross). An alternative would be to make pompoms; slit up binbags or carrier bags to create lots of long strands, use tape to bunch them together into a handheld pom-pom.

Foil and cardboard, or a crown

Squeeze foil round a long strip of cardboard and stick the ends together to make a crown that fits your head. A paper crown from a cracker would also be good, or raid your dressing-up box.

Score cards or paddles with zero and one written on them

Hot, wet flannel or cloth



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:**

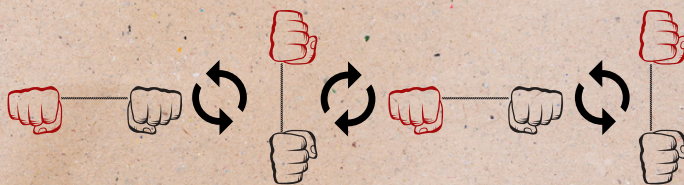
Roll the ball of string slowly and rhythmically on the person's palm

A telephone,

Hold the ball to the person's ear

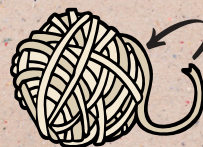
a flight of stairs.

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.



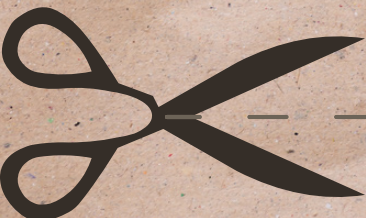
A hole in a tree, the moon in the sky,

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!**



Time & Tide

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 play a sound effect.

What's that sound?

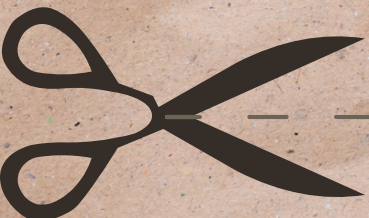
Play the sound effect of the waves.

It sounds like the sea. 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 on a beach. The tide is a long way out, and there seems to be a man sitting on a throne in the sand. He is wearing long robes, and there is a crown upon his head. How curious!

Offer your person whatever you are using for sand to feel. Play the sound effect of waves quietly as if in the distance.



We walk towards the man. He seems to be waving his arms around and shouting something. As we get closer he stops, and he looks a little bit embarrassed.

Drape the fabric over yourself and put on the crown to become King Cnut, invite your person to feel your robes and to touch your crown. Warm your face with the hot flannel and place your person's hand on it to feel the heat of embarrassment.

Hello, have you come to watch me? You will shortly see something amazing happen. I am going to stop the tide coming in simply by using my voice and my hands. I'm going to say 'Stop! Cease and Desist!' and wave my hands like this.

On 'Stop!' clap your palm against your person's palm to create a stop sign, and then on 'Cease' draw a circle palm to palm in the air, on 'Desist!' push or drop your hand away. Practice several times to help your person begin to anticipate the movements and sounds. Take off the robe.

I know who this man is! Our ball of string has brought us back in time to over a thousand years ago. This is King Cnut. Legend tells us he believed he was so powerful he could control the tide. If we listen closely, we will be able to hear (and see, if using video) what he's thinking...

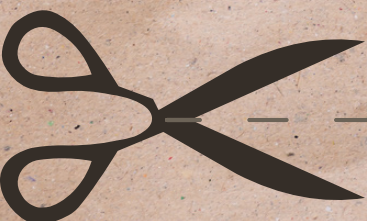
Touch the free end of the string to the robe and crown, and hold the ball up to your ears like a listening device. Play the audio/video of 'Time and Tide', wave, dance and stomp along with your flags or pompoms.

The results from the jury are in: it's Nil Points for King Cnut, I'm afraid. I think we need to help him.

Hold up the score cards/paddles with zero on them. Play the sound effect of the Nil Point crowd.

Hello, your majesty. We're wondering why you would want to stop the tide coming in - it's impossible. Are you stuck?

Drape the robe over yourself and put on the crown again.



No, not at all. I can definitely stop the tide coming in. Stay next to me and you'll see.

Use your sea fabric at a distance your person would best respond to - it could be you make creeping waves that start on the floor at their toes, or it may be you need to start at their lap or chest. Say and repeat the movements for 'Stop! Cease and Desist!' and at each repetition waft the fabric to create rippling waves and move it a little further up your person's body. You may like to play the sound effect of the sea at the same time too. Play 'Peekaboo' with the fabric if your person would enjoy it.

Oh dear. Perhaps I just need to try harder? I'll definitely get it next time!

Remove the robe after the line.

We heard your song. We heard you're frightened when things have to change, and we heard that, really, you know you need to stop trying to control the tide and just let it be. That can feel hard to do. Shall we show you what we do when we feel like that?

Play a little of 'Time and Tide' again quietly. Stroke the robe as if rubbing someone's back when they're upset.

When everything changed and we had to stay safe at home, we felt frightened and worried. It felt like the tide was coming in fast and we had to stop it.

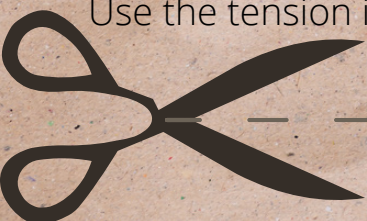
Drop the robe and pick up the sea fabric and ripple it. Make your ripples faster and bigger for 'frightened and worried', and, make the fabric climb up your person again.

We sometimes showed how we were feeling by trying to control the people we love or the things we did. If we felt in control, then we believed we felt safer. But, it's such hard work trying to control everything all the time.

Let the sea fabric rest on your person and use the string to bind one of your hands to your person's hands. Pull to feel the tension and connection between you. Huff and puff with imaginary effort - make it like trying to pull a rhino!

No matter what we do, we cannot control everything. But, we can call for help. Our magic ball of string hasn't tied us together to struggle against the tide, it's a rescue-line and we can pull each other to safety. Breathe low and slow, low and slow: ready to pull? 1, 2, 3: we're safe on the shore together.

Use the tension in the string along with loud, calm, deep breaths to pull your



person's hand gently to and fro. At 3, give a big pull and swoop the person's hand into yours for a big squeeze. If appropriate, you may want to swoop even more and into a big hug. Repeat if required.

We can ask for help when we feel frightened or worried, and our special people will help us to feel safe. We can do something together to feel calmer, safer, and more relaxed. We can dip our toes in the sea, and just let the water flow around us. Come on, your majesty, let's go paddling!

Invite your person to paddle their feet or hands in your bowl of water/footspa, etc. Put on the robe and crown and join in as King Cnut. Put on the sea sound effects, and breathe low and slow as audibly as you can. When finished, remove the robe and crown.

Well, King Cnut, the results from the jury are in, and it's a ten from us for paddling in the sea. Next time you want to control the tide we say: 'Stop! Cease and Desist!' And enjoy the tide instead - it sweeps the beach clean, and we can start all over again.

Hold up the scorecards or paddles with the one and the zero on it to make ten. Play the sound effect of applause. Repeat the actions for 'Stop! Cease and Desist'.

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

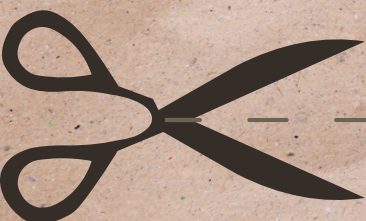
Make a big loop of string and fit yourself through it.

Goodbye King Cnut, thank you for letting us go paddling with you!

Hold the loop open with one hand and the apron with the other, wave to the robe and crown and throw them through the loop and fall to the floor out of sight.

That was a lovely adventure - I didn't think we'd go paddling in the sea today, did you? Now, we're back at home/school/etc, safe together and ready to enjoy whatever happens next. It'll soon be time for (insert whatever activity will follow afterwards)...but, if you listen, you can still hear the sea. It's going, it's going, it's gone.

Hold the ball of string up to your ears, play the sound effect of the waves again but keep your finger on the volume and let it gradually fade away to nothing.

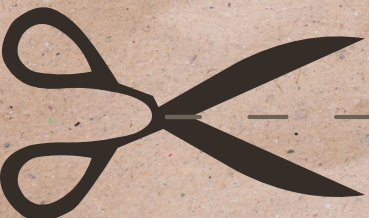


To End The Story

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 King Cnut and the tide

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.

