

ALL TOGETHER NOW

SENSORY STORIES by Alice Phelps and Jessie Percival (Sun 21st Feb 2021)

Join us for a trip to the seaside without having to leave our own home all you need is a medium to large piece of material that reminds you of the sea - this could be a pillow case, sheet, piece of fabric, blanket, etc... and your imaginations!

Can you hear the sea? Create a Shell



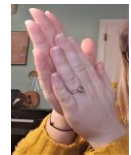
Placing your hands together to create a cup, bring this to your ears to hear the sea. Take 3 full breaths with the hands to the ears.



Does the sun feel hot today?

Hot - rub together the hands and place just above the skin to feel the heat.

Cold - let's warm up by rubbing our hands together.



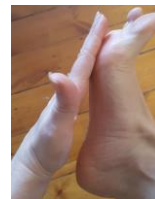
Don't forget your suncream....



Place the flat of your hand on different parts of the body for several seconds.

Rub in the cream using the flat of the hand to make circles on the body.

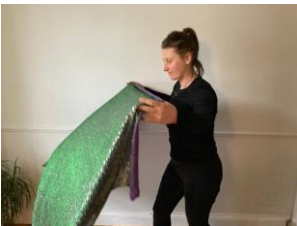
Can you hear those flip flops



Tap the bottom of your feet

Now take this tap to other parts of the body and have a little dance.

The wind is picking up now...



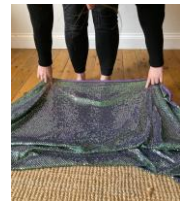
Using your material begin to lightly move it as if a gentle breeze is blowing.

Explore brushing the body with material. How does the wind brush the body? Play with the intensity of the speed and movement of the material as the wind picks up.



Playing in the sea

Lightly bringing back and forth the material over the toes as if it is the tide coming in



Go completely under the fabric, exploring swimming, floating.




Gather the material to lift an arm, leg or foot to create the weightlessness of parts of the body as if floating in water.

Time to get out now we don't want to catch a cold! Wrap yourselves up and get nice and cosy.



Additional Activities:

Sensory exercises for exploring being at the sea.

Theme	Props needed	Sensory Activity
Sand 	<ul style="list-style-type: none">- Bowl/Tray/Bucket- Soft brown sugar.- Different sized spoons.- Little pots/glasses	Playing in the sand and creating sand castles <ul style="list-style-type: none">-Take time to feel hands in the sand, explore the grainy texture.-Using spoons or hands create sugar castles with the little pots.
Sea 	<ul style="list-style-type: none">- Plastic Water bottle- Water- Washing up liquid- Torch- Optional blue food colouring	Creating a mini sea in a water bottle. <ul style="list-style-type: none">-Slosh the water back and forth creating a swell in the sea.-Play with looking through the bottle.-Use the torch to see how light moves through the water- like sun rays.
Sun 	<ul style="list-style-type: none">- Tin foil- Torch- Paper plate- Suncream	Seeing the sunrays <ul style="list-style-type: none">-Cut a circle of tin foil out to make a sun.-Turn the lights low and place the torches beam on the tin foil to create reflections like the rays of sunshine.-Feel the texture of the tin foil- notice its temperature, the sound it makes and the malleability of it.

Take a picture of your Sugar Castles and upload to social media or send via email...

Facebook **@TramshedArts**
Twitter **@Tramshed__**
Instagram **@Tramshed_**

Email **info@tramshed.org**
YouTube **@Tramshed**
Phone **020 8854 1316**

About ALL TOGETHER NOW

Free one-off arts sessions hosted **live on YouTube** every week, available on catch up and as a **handy PDF**. So wiggle your hips, learn to draw, write poetry or make crafts with us live or whenever suits you on catch up. No sign up needed and you can drop in as often as you'd like, suitable for all abilities and all the family.

Every **Tuesday 4pm** great for families

Every **Sunday 4pm** for the whole community

You can collect hard copy activity sheets, and drop off your creative masterpieces, at Tramshed every Monday between 12pm - 4pm.

We will put your creations in our window as a community art gallery... we'll make you Woolwich famous.

Tramshed, 41 Woolwich New Road, London SE18 6ET