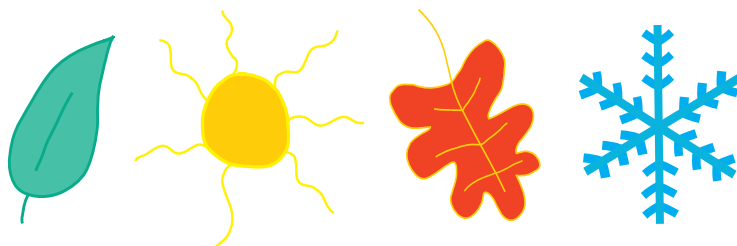


imagination box: sensory theatre

In this resource we will be playing with sensory theatre. We'll cover:

- How to make a mini character
- Sensory games for each season
- Top Tips

Let's move through the seasons together!



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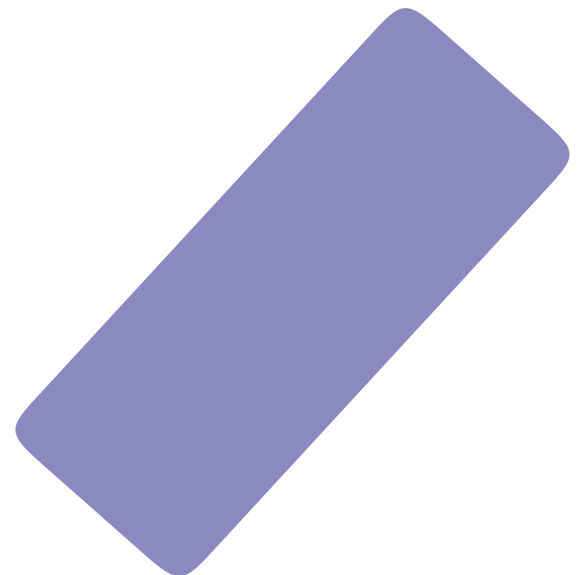
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lets make sensory theatre



You will need:

- A cardboard tube, or the inside of a toilet roll
- Googly eyes or a pen to draw them on
- Moisturiser
- Umbrella
- Waste paper
- Sticky tape
- Recycling plastic or paper
- Water mister
- Scented oil
- A music device and speaker



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How to Make a Mini Character

Step 1:

Take your cardboard tube and draw or stick some googly eyes onto it.

Step 2:

Use materials from around your house, or paint or pens to give your mini character a face, some hair and even an outfit. There is no right or wrong way to make a mini character, just get creative and experiment!

Step 3:

You can give your character a name and play around to find a voice for your character. They don't need to use words, but could communicate only through noises.

Step 4:

Use recycling or different objects from around your house to make a landscape for your character to travel across, like an obstacle course, as simple or as elaborate as you like.



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sensory games for each season

Summer

Step 1:

Play some nice relaxing music, or you can find the sound of waves on YouTube.

Step 2:

Use moisturiser to give your young person a nice hand or foot massage.

Step 3:

To add extra summer atmosphere, you could also do some fanning to create a summer breeze, or make a sunrise using an umbrella and lamp.



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Autumn

Step 1:

Rip paper up into Autumn leaves.

Step 2:

Play some nice Autumnal music, or the sounds of a bonfire on YouTube.

Step 3:

Play a game together where you gather all the paper leaves into the umbrella as the music plays. When the music stops, you open the umbrella so that the leaves fall out over someone's head.

Make it a surprise whose head they fall on each time!



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Winter

Step 1:

Play nice cosy, wintery music.

Step 2:

Use Sellotape and toilet paper or recycled packaging to make a snowy winter maze.

Step 3:

You can move to the music to find different ways you can move to get through the maze without touching the Sellotape.

Step 4:

You can take your mini character to explore the maze.



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Spring

Step 1:

Mix some scented oil in with water in a plant mister.

Step 2:

Play some nice uplifting music that reminds you of Spring, or play sounds of a meadow on YouTube.

Step 3:

Wear a blindfold and lie down on the floor or on some cushions.

Step 4:

Get your adult to gently spray you with the mister. Imagine what is in the meadow around you. You could even draw or paint a picture of this after.



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top tips



Think about the atmosphere you want to create. How does it feel to be where you are imagining?



Try not to talk. Find other ways to tell the story.



Take your time. Think about stimulating one sensory channel at a time.



Adults, try to be with your young person, rather than doing too. This is great for both of your wellbeing.



Be surprised. Many objects you might not expect can be brilliant for sensory theatre. Be guided by how something feels, smells, and sounds.



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