

FROZEN LIGHT

HOME – Sensory Resource Kit



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HOME is the story of Scarlet and Olive who awake into a strange and unfamiliar land. They find each other and together learn to survive the unknown.

Each session is designed to last approximately 60 mins.

The role of **Storyteller** can be played by family member, carer, support worker, or any other member of staff leading the activity.

Each session has a sensory storytelling activity and some sessions include an additional art activity.

The storytelling can either be completed separately session by session or you can add onto the story every session. (E.g. in session 2 you can do the storytelling section from session 1 & 2. In session 3, do the storytelling section from session 1, 2 and 3.)

Repeat each storyteller line several times to re-iterate the story and do the same with the songs.

Use an object of reference to represent the session specifically as a HOME session. We recommend using a radio as this is something that appears regularly in the show. This object should be passed around at the beginning of each session of HOME. This will help the person remember the topic and help build on what has been learnt. Once each person has felt the object the session can begin. It could begin with a re-cap of what happened the session before.

There is a HOME handshake, see picture below, this could be done at the start of every session to welcome each participant to the room.

You can find a HOME PowerPoint which accompanies this Kit with more photos and embedded music on our website. The slides link to the story and the slide numbers are noted in each section. You do not need to use the PowerPoint it just adds an extra layer to the sessions.

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Create a display board for HOME in your house/classroom/workspace. Use this to display any photos taken during each session, the artwork created, and any sensory props used, (e.g. some sand, a piece of clothing). Before each session show the group/individual the board to remember what they did in the last session of HOME.

Each session is accompanied by music from the show on SoundCloud. The track listing of the SoundCloud can be found at the end of the pack. The full sound track album can be found at:

<https://soundcloud.com/user-37123114/sets/home>

Lucy Garland and Amber Onat Gregory
Frozen Light



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Session One

Theme: The storm

Objective: To explore the feelings of being alone and finding a companion.

Outcome: There is some communication of the feelings of solitude and companionship.

Sensory props: Large glitter/confetti, fine glitter, clothes, smell

Activity items: Cardboard boxes, paint, glue, sticky tape, scissors, string, pens, pencils



Storyteller	Activity	Music	Props
<p>Storyteller: A storm was approaching Zynta City. The residents were evacuated but two women, Scarlet and Olive, missed the transport. They were left behind. When the storm hit, the city was destroyed. All that was left was the clock tower.</p> <p>Slide 2</p>		<p>Track One – Home Theme</p> <p>https://soundcloud.com/user-37123114/track-1-home-theme</p>	
<p>Storyteller: Scarlet thought she was the only one left behind. Olive thought she was the only one left behind. Individually they began to explore the destroyed city.</p>	<p><i>Using large glitter or paper confetti sprinkle this over the group to represent the dust. Put fine glitter into clothes and sprinkle these over the group. You could</i></p>	<p>Track Two – Zynta City</p>	<p>Large glitter or confetti. Fine glitter. Clothes. Smell (essential oil,</p>

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<p>There's a crust over the earth and dust everywhere.</p> <p>There's a crust over the earth and dust everywhere.</p> <p>Slide 3</p>	<p><i>infuse the clothes with a smell and allow the group to smell the clothes. Give participants two or more smells to explore and let them show which ones they like the most.</i></p>	<p>https://soundcloud.com/user-37123114/track-2-zynta-city</p>	<p>perfume, body spray.)</p>
<p>Storyteller: As they explore, Scarlet and Olive both find themselves at the clock tower. Once the tall pinnacle of the city, now a toppled monument remains.</p> <p>Slide 4</p>	<p><i>Craft Activity – Build a clock tower. Using cardboard boxes, build a tower. How high can you build it? Explore knocking it over. Tape the clock tower together and paint/draw on it.</i></p>		<p>Cardboard boxes, paint, glue, sticky tape, scissors, pens, pencils, string.</p>
<p>Storyteller: They spot each other. They are no longer alone.</p> <p>Slide 5</p>	<p><i>Name Song – Sing the names of each individual in your group into the appropriate place in the track. Lyrics on page 19</i></p>	<p>Track Three – HOME Name Song</p> <p>https://soundcloud.com/user-37123114/track-3-home-name-song</p>	

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Session Two

Theme: Explore the dust

Objective: To explore the sensory qualities of “dust and sand” and use “dust and sand” to create a tactile piece of art.

Outcome: People express their reactions to different tactile media

Sensory props: Sand, corn flour, cinnamon, vegetable oil

Activity items: Paper, glue, sand



Storyteller	Activity	Music	Props
<p>Storyteller: After the storm everything was covered in dust and sand.</p> <p>Slide 6</p>	<p><i>Explore different types of dust and sand. Here are some suggestions, feel free to come up with different ideas.</i></p> <ol style="list-style-type: none"> 1. Sand 2. Corn flour 3. Part sand, part corn flour 4. Part sand, part corn flour, part cinnamon 5. Part sand, part corn flour and 1 tbsp vegetable oil. 	<p>Track Four - Dust https://soundcloud.com/user-37123114/track-4-dust</p>	<p>Sand, corn flour, flour, cinnamon, vegetable oil.</p>

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<p>Storyteller: Everything was covered in dust and sand.</p> <p>Slide 7</p>	<p><i>Craft Activity – Create a sand painting. Use glue to draw patterns on paper. Cover the glue with sand. Shake off the excess sand to reveal your sand painting. Add small gravel to the sand?</i></p>		<p>Paper, PVA glue, sand, gravel. You could use different coloured sand.</p>
<p>Storyteller: Scarlet and Olive discover a radio. They know that a message will come on the radio to tell them what to do. They turn on the radio, but no message is there.</p> <p>Slide 8</p>			<p>Radio</p>

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Session Three

Theme: Water

Objective: To explore the sensory qualities of water.

Outcome: People will touch, taste and listen to water.

Sensory props: Bowl, water, towels, food colouring, squash

Activity Items: bowl, bucket, colander, water, tube, jug, stones, dried beans etc



Storyteller	Activity	Music	Props
<p>Storyteller: Scarlet and Olive realise that to survive in their new surroundings they need water. They need water to survive.</p> <p>They remember there was a river that ran next to the clock tower. They dig around in the dust, rubble and sand and find the river.</p> <p>Slide 9</p>	<p><i>Fill a bowl with water and let the participants put their hands in it. What does it sound like when you splash in it? Add food colouring and watch the water change colour.</i></p>	<p>Track Five – We Need Water https://soundcloud.com/user-37123114/track-5-we-need-water</p>	<p>Bowl, water, towels, food colouring.</p>

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<p>Storyteller: Scarlet and Olive see that the river is full of dust and rubble. They know they need to filter the water to make it safe to drink.</p> <p>Slide 10</p>	<p>Activity - <i>Make a filtration system using a bowl/bucket and colander. Use a tube to pour the water down. Fill a jug with water and pour it down the tube into the colander which is resting on the bowl. What does the moving water sound like? What does it feel like if you put your hand under the colander? Mix the water with stones/dried beans/lentils or anything else which will fit down the tube. Pour this mixture into the colander so it separates the stones from the water. Allow the participants to feel the wet stones.</i></p>	<p>Track Five – We Need Water https://soundcloud.com/user-37123114/track-5-we-need-water</p>	<p>Bowl/bucket, colander, water, tube, jug, stones, dried beans, lentils.</p>
<p>Storyteller: Scarlet and Olive taste the water from the river.</p> <p>Slide 11</p>	<p><i>Mix water with different flavoured squash and let the participants taste these. Which one do they like the best? Some suggestions: Plain water, lime, orange, peach, summer fruits etc.</i></p> <p><i>Instead of tasting you could smell the flavoured water or put into a spray bottle and spray on participants tongue.</i></p>		<p>Water, different flavored squash, spray bottle</p>
<p>Storyteller: They turn on the radio but no message is there.</p> <p>Slide 12</p>			<p>Radio</p>

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Session Four

Theme: Bubbles

Objective: To explore the qualities of bubbles and use them to make art.

To explore the difference between wet and dry.

Outcome: Participants will touch, burst and paint using bubbles.

They will know what wet and dry feels like.

Sensory props: Flannels, different textured fabric, clothes line/string, pegs, washing liquid, plastic bottle, scissors, socks, bubble mixture, essential oils.

Activity Items: Paint, straw, container for mixture, water, washing up liquid, paper.



Storyteller	Activity	Music	Props
<p>Storyteller: The dust became oppressive. It was everywhere and on everything. Scarlet and Olive decide they needed to get rid of it.</p> <p>Slide 13</p>	<p><i>Take some old flannels/pieces of fabric. Feel the fabric when dry. Fill a bowl with water. Encourage the participants to dip the fabric into the water. What does it feel like when wet? Add some washing liquid into the water. What does this make the fabric feel like? Build a clothesline in your activity room. Hang the wet clothes up to dry. What do they feel like when dry again?</i></p>	<p>Track Six - Bubbles https://soundcloud.com/user-37123114/track-6-bubbles</p>	<p>Flannels, different textured fabric, clothes line/string, pegs, washing liquid.</p>
<p>Storyteller: To make cleaning more fun Scarlet and Olive played with the bubbles from the washing.</p>	<p><i>Bubble snakes – Cut the bottom off a plastic water bottle. Place a sock over the cut end.</i></p>	<p>Track Six - Bubbles</p>	<p>Plastic bottle, scissors, socks,</p>

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<p>Slide 14</p>	<p><i>Dip the sock in bubble mixture and blow through the top to make your bubble snakes. Let the participants feel the bubbles. Can they blow the bubbles? Try adding a scent to the bubble mixture using essential oils.</i></p>	<p>https://soundcloud.com/user-37123114/track-6-bubbles</p>	<p>bubble mixture, essential oils.</p>
<p>Storyteller: The bubbles went everywhere.</p> <p>Slide 15</p>	<p>Craft Activity: <i>Bubble painting – Mix paint with a little water and a squirt of washing up liquid. Blow into the mixture with a straw to create lots of bubbles. Take a piece of paper and place it on the bubbles to make a painting. The participants can place the paper, choose a paint colour they wish to use, blow into the straw to make the bubbles. You can make several different bowls of different coloured mixtures, or place the mixture in a really large tray and create giant paintings.</i></p>		<p>Paint, straw, container for mixture, water, washing up liquid, paper.</p>
<p>Storyteller: They turn on the radio but no message is there.</p> <p>Slide 16</p>			<p>Radio</p>

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Session Five

Theme: Home

Objective: To explore the concept of shelter and home. To make choices about what home should be like.

Outcome: Participants will make a shelter and express how they want it to become a home.

Sensory props: Hand held fans, fans, large cardboard,

Activity Items: Plastic sheeting, string, pegs, washing line, air freshener/aerosol/perfume.



Storyteller	Activity	Music	Props
<p>Storyteller: The wind picked up.</p> <p>Slide 17</p>	<p><i>Using fans or flapping card, create wind around the person you are supporting. Start with a light wind and build this up into stronger wind.</i></p>		<p>Hand held fans, large fans, small and large pieces of card (anything that will create wind).</p>
<p>Storyteller: Scarlet and Olive knew if they were to survive another night they needed shelter. They needed a home.</p> <p>Slide 18</p>	<p>Activity: <i>Build one large shelter in the activity room.</i></p> <p><i>Hang plastic sheeting, a net or material from the ceiling to create a roof for the</i></p>	<p>Track Seven – Home Song https://soundcloud.co</p>	<p>Plastic sheeting, string, pegs, washing line. Air fresheners/aerosols/perfume. Participants' favourite things.</p>

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	<p><i>shelter for the participant to sit under. Using the washing line from the previous session hang clothes around the outside of the plastic sheeting to create an enclosed feeling to the structure. What does the home smell like? Let the participants choose a smell for their new home. What would they want in their home? Favourite things, important items. Who lives in the home?</i></p>	<p>m/user-37123114/t/rack-7-home-song</p>	
<p>Storyteller: They turn on the radio but no message is there.</p> <p>Slide 19</p>			Radio

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Session Six

Theme: Stars

Objective: To know what stars are and to explore ways of making light shine like stars.

Outcome: Participants play with light to make star-like scenes.

Sensory props: Fairy lights, torches, projectors, umbrellas.

Activity Items: Black card or paper, sharp pencil, torches



Storyteller	Activity	Music	Props
<p>Storyteller: Scarlet and Olive have built a home. Slowly the dust that had filled the air since the storm started to settle. They could see the sky, they could see the stars.</p> <p>Slide 20</p>	<p><i>Create an activity room full of stars. Hang fairy lights from the ceiling of the activity room, let the participants lie on the floor or beds or sit and look at the ceiling. Have some fairy lights that the participants can hold and see close up. Use torches to create spots of light in the dark room.</i></p> <p><i>You could make star pods by hanging fairy lights inside an umbrella. The individual could then sit in the umbrella and be surrounded by stars.</i></p>	<p>Track Eight – Star Song https://soundcloud.com/user-37123114/tack-8-star-song</p>	<p>Fairy lights, torches, projectors, umbrellas.</p>

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	<i>If you have access to a projector use this to project stars around the room.</i>		
<p>Storyteller: Scarlet and Olive could finally see the stars.</p> <p>Slide 21</p>	<p>Activity: <i>Using black card or paper create small pinholes in it (you could use a sharp pencil). Once the card is filled with pinholes stick it on a classroom window and look at how the light shines through. You could also use torches to shine through the pinholes.</i></p>		Black card or paper, sharp pencil, torches
<p>Storyteller: They turn on the radio but no message is there.</p> <p>Slide 22</p>			Radio

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Session Seven

Theme: Radio and finding each other

Objective: To experience the feeling of coming together after being alone. To record a message.

Outcome: Participants make a representation of a home. They share it with others in their group and have a party. They use their voices to make sounds into a mack button or phone.

Sensory props: Big Mack Button or phone/tablet, disco lights, streamers, confetti, music player, party food and drink, etc.

Activity items: Big paper, camera, photos, glue, pens



Storyteller	Activity	Music	Props
<p>Storyteller: The night passed and the sun came up. Scarlet and Olive were suddenly woken by the radio message they had been waiting for.</p> <p>“A message for anyone still in Zynta City, we have been unable to return but we are alive and at a refugee camp, please come and find us”</p> <p>Slide 23</p>	<p><i>Using a big mack or little mack record the message or part of the message onto the big mack switch. Encourage the participants to press the button and activate the message.</i></p> <p><i>If you don't have access to a big mack you could record the message into a phone, computer or tablet, and let the participants press the play button.</i></p>		<p>Big mack, little mack or phone/computer/tablet.</p>

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	<p><i>Let the participants record their own message. What does their voice sound like?</i></p>		
<p>Storyteller: Olive decides that she needs to go and find the survivors of the dust storm. Scarlet stays behind and looks after the home.</p> <p>Slide 24</p>	<p>Activity: <i>Take a photo of each individual in the group. On a large piece of paper draw a home, or engage the participants in drawing a home. Let each individual place their photo on the picture of the home, creating a group collage.</i></p>	<p>Track Nine – Gong https://soundcloud.com/user-37123114/track-9-gong</p>	<p>Big paper, camera, photos, glue, pens.</p>
<p>Storyteller: Many days pass and Olive finally returns. She has found the survivors of the dust storm.</p> <p>Slide 25</p> <p>They return to their city and the home Scarlet and Olive have created. They celebrate.</p> <p>Slide 26</p>	<p>Home party – <i>Retell the story from session one to session seven.</i></p> <p><i>Set up a disco in your activity room. Use disco lights, streamers, confetti, play each individuals' favourite song. Have a dance. You could bring in party food and drink to share with the group.</i></p> <p><i>Add the groups names to the final song: Lyrics on page 20</i></p>	<p>Track Ten – HOME End Song https://soundcloud.com/user-37123114/track-10-home-end-song</p>	<p>Disco lights, streamers, confetti, music player, party food, drink, etc.</p>

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Track listing

Full album: <https://soundcloud.com/user-37123114/sets/home>

Track 1 – Home Theme

<https://soundcloud.com/user-37123114/track-1-home-theme>

Track 2 – Zynta City

<https://soundcloud.com/user-37123114/track-2-zynta-city>

Track 3 – HOME Name Song

<https://soundcloud.com/user-37123114/track-3-home-name-song>

Track 4 - Dust

<https://soundcloud.com/user-37123114/track-4-dust>

Track 5 – We Need Water

<https://soundcloud.com/user-37123114/track-5-we-need-water>

Track 6 - Bubbles

<https://soundcloud.com/user-37123114/track-6-bubbles>

Track 7 – HOME Song

<https://soundcloud.com/user-37123114/track-7-home-song>

Track 8 – Star Song

<https://soundcloud.com/user-37123114/track-8-star-song>

Track 9 - Gong

<https://soundcloud.com/user-37123114/track-9-gong>

Track 10 – HOME End Song

<https://soundcloud.com/user-37123114/track-10-home-end-song>



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Lyrics:

Name Song

Scarlett: My name is Scarlet
The transport left without me
Thought I was the only one
Left in our broken city

Olive: My name is Olive
Is this really my land?
What has happened to our home?
It became dust and sand

Ivan: These two are left all alone
Storm came, destroyed their home
What will become of them?
Can they build a home again?

(Ask participants name)

Can they build a home again?

(begin singing participants name over "again")

Everyone: Name, name, our home is gone
Name, name, where do we belong

(Ask participants name)

Ivan: Can they build a home again?

Everyone: Name, name, our home is gone
Name, name, where do we belong

(Ask participants name)

Ivan: Can they build a home again?

Everyone: Name, name, our home is gone
Name, name, where do we belong

Ivan: These two are left all alone
Storm came, destroyed their home
What will become of them?
Can they build a home again?

(Ask participants name)

Ivan: Can they build a home again?

Everyone: Name, name, our home is gone
Name, name, where do we belong

(Ask participants name)

Ivan: Can they build a home again?

Everyone: Name, name, our home is gone
Name, name, where do we belong

(Ask participants name)

Ivan: Can they build a home again?

Everyone: Name, name, our home is gone
Name, name, where do we belong

Everyone: We are left all alone
Storm came, destroyed our home
What will become of us?
Can we build a home again?

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Home End Song

We built our city
Over the earth's crust
The air is clearer now
Goodbye to the dust
With each other
We survived the unknown
People of Zynta
Welcome home

We are not alone
We built a home x2

People of Zynta
Welcome home
Name, Name welcome home
Name, Name welcome home

People of Zynta
Welcome home

Name, Name welcome home
Name, Name welcome home

People of Zynta
Welcome home
Name, Name welcome home
Name, Name welcome home

We are not alone
We built a home x2

We are not alone (acapella)
We built a home

