



TIMET
SHINE

LOTTERY FUNDED

PAMIS UNCON PROJECT

Multi-Sensory Story Education Pack



pamis

This Multi-Sensory Story Resource works alongside the PAMIS NYAAG group's new story, specially written for UNCON festival!

The story is all about a girl named Sofia, who goes to a school for magic! Unfortunately, she is not accepted by her peers, who bully her.

The story tells us all the tale of how she overcomes this by learning the importance of self love and confidence!

This is a multi-sensory story, meaning it is experienced through the senses using appropriate additional stimuli as required. This could be, sounds, movement or tactile objects relevant to the person accessing the story. The resource will offer ideas on suggested props you could use to help you access the story. It is helpful to gather these in advance.

To make the most of the Multi-Sensory experience, you'll need the following items:

- Some leaves to crunch or some foil to scrumple if you don't have leaves.
- Something that smells of the forest. For example, a sensory spray in the scent Forest Pine works wonders. Alternatively, you could see if your leaves have a strong scent, or take a trip into the woods.
- A little tub of glitter/sand.
- An old book.
- A blanket that you like the texture of.
- Some peppermint hot chocolate. (Any comforting drink will be fine.)
- Some colouring materials.
- A muffin / tasty treat that you like.
- A trophy (instructions on how we made ours below)

How we made our Trophy!



Resources:

Cardboard, Pen, Scissors, Glue, Gold paint, Gold glitter.

- 1) Draw the shape of your trophy onto the cardboard. This can be whatever size you want!
- 2) Carefully cut out the shape.
- 3) Time to decorate! We covered ours in gold paint, and then let it dry. Then, we added some glue to stick on our glitter!

The Story!

Sensory elements in caps and italics details these moments come in the story!

1) Sofia is on her way to school. She has to walk through the creepy forest to get there. She attends The Unique School for the Magical Arts. (*SENSORY: CRUNCHING LEAVES & FOREST SMELL*)

2) This would be amazing, if it were not for Sofia being bullied in school. She is very sad and doesn't like going to school incase she gets bullied. (*SENSORY: IMAGINE YOU ARE CRYING. CAN YOU MAKE A SAD FACE?*)

3) The boys in school bully her because they don't like the fact that she walks and talks slightly differently to them. Sometimes she struggles to understand tasks in school, and instead of helping her, the bullies tease her, trick her into doing silly things, get her into trouble, and steal her fairy dust. (*SENSORY: CAN YOU FEEL THE FAIRY DUST? WHAT DOES IT FEEL LIKE?*)

4) Sofia wants to tell the teacher, but she is too nervous to stand up for herself.

5) However, one day, the teacher noticed that she was upset and that her fairy dust pot was empty! She took Sofia into her lovely big office. It smelled of old books. (*SENSORY: CAN YOU SMELL THE OLD BOOKS?*) She wrapped a warm blanket around Sofia and together they drank peppermint hot chocolate.

(*SENSORY: DO YOU HAVE A BLANKET TO WRAP AROUND YOU? CAN YOU FEEL THE WARMTH? DO YOU LIKE THE TASTE?*)

6) She told Sofia that being different wasn't a bad thing! The teacher wanted to show her a new method to create self love and confidence. She told Sofia to shut her eyes and really visualise herself being positive in the face of the bullies.

(*SENSORY: WILL YOU SHUT YOUR EYES WITH SOFIA?*)

7) But, Sofia is so powerful with her magic, that when she opens her eyes the physical representation of all of her fears appeared in front of her!

(*SENSORY: WILL YOU OPEN YOUR EYES WITH SOFIA?*)

8) She sees an evil witch who cackles and she runs out of the office.

(*SENSORY: CAN YOU CACKLE ALONG WITH THE WITCH? WILL YOU COLOUR HER IN?*)

Take a little break to colour in the Witch!



8) The teacher looks at Sofia and smiles. “This is your chance to prove to yourself how great you are! You can do it!” the teacher said.

Sofia chases the witch and sees her bullies cornered!

9) Sofia struggles to speak at first, but shuts her eyes, and eventually manages it. She says to herself “I am powerful. I am incredible. I am who I am meant to be, and there is nothing wrong with that!” “I am powerful. I am incredible. I am who I am meant to be, and there is nothing wrong with that!” “I am powerful. I am incredible. I am who I am meant to be, and there is nothing wrong with that!”

(SENSORY: CAN YOU CHANT THIS WITH SOFIA? You can also use a shaker or drum or anything that makes a sound instead of chanting.)

10) Sofia hears a screech, and when she opens her eyes, the witch has disappeared! The bullies run over to Sofia, to thank her. “Oh my gosh, that was AMAZING!” “You saved us, thank you so much!” “We’re so sorry for treating you so badly!” “Here, take this muffin to say thanks!” says one of the boys, pulling a muffin out of his bag. *(SENSORY: WHAT DOES THE MUFFIN TASTE LIKE?)*

11) Sofia and the boys are now friends! They accept and celebrate her differences. They are all gathered together in the main hall, and Sofia is given an award for her bravery! *(SENSORY: CAN YOU HOLD UP YOUR TROPHY?)*

Thank you for experiencing our story for UNCON festival!

This story was written by the 3 members of PAMIS' NYAAG group, all of whom have additional support needs. They also chose all of the sensory elements, alongside recording their voices and illustrating the story for our video. We hope you enjoyed it!

Multi-Sensory Storytelling is an excellent and effective way of making storytelling inclusive and accessible for all. Including multi-sensory stimuli/props, things audiences can create, opportunities for audiences to use their voices, bodies and facial expressions all add so many more ways a person can engage with a story.

Let's keep making storytelling accessible!