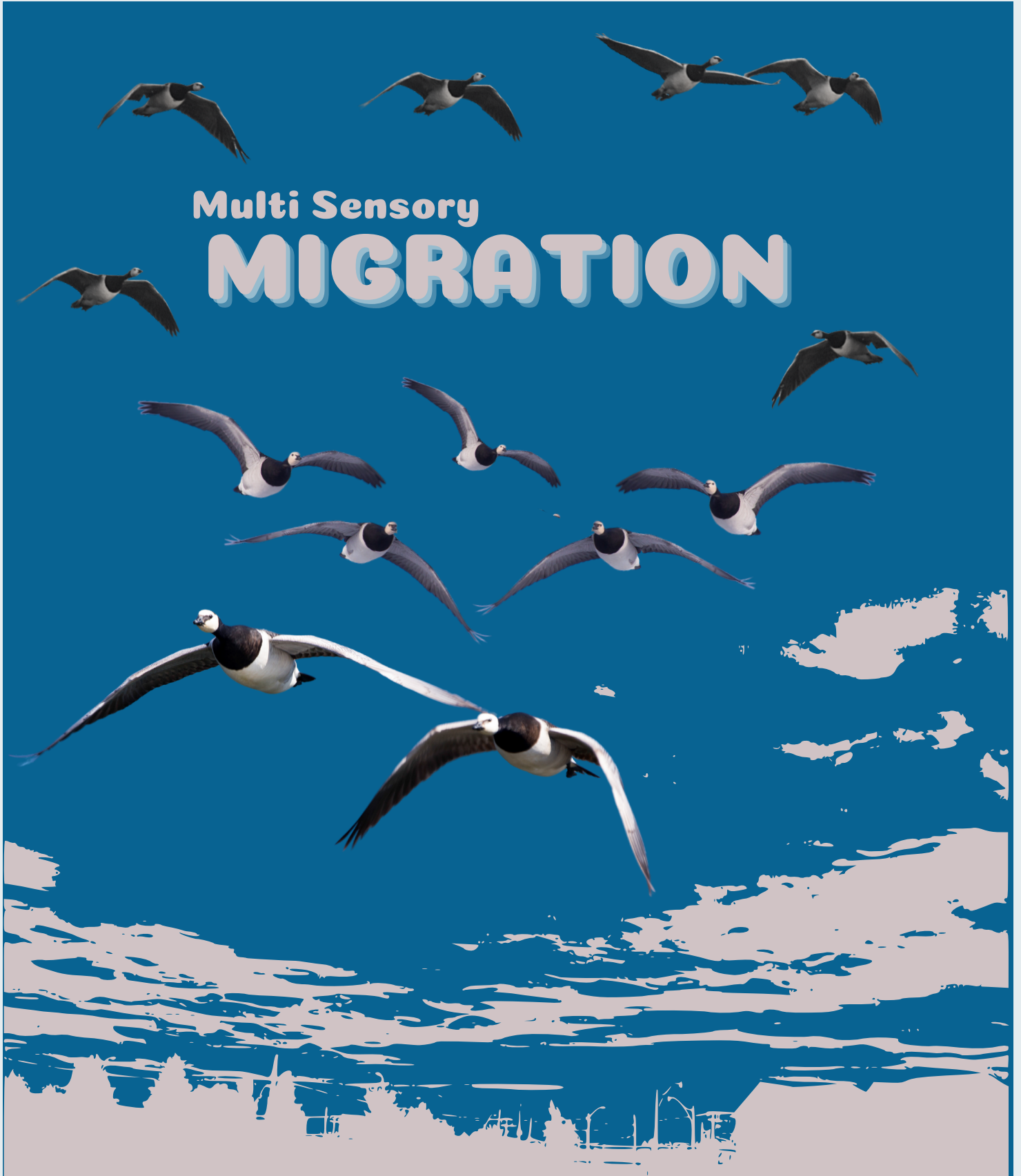


pamis

promoting a more inclusive society

Multi Sensory

MIGRATION





As part of the Wild Goose Festival, PAMIS have collaborated with The Arts End of Somewhere, The Stove Network and Moat Brae to develop a multi-sensory performance about the migration of the barnacle geese.

Unfortunately, due to COVID-19 restrictions, we have been unable to bring this performance to you face to face. However, we are still delighted to bring a video of the performance to you. The video will air on the PAMIS Facebook page on Sunday 11th October at 3pm.

We are so pleased that Caroline Hill of Making SENSE will be sharing some videos on our page of sensory crafts that will help you to join in at home. These workshops will be aired at 10.30am and 1pm on the 10th and 11th October.

In this resource you will find everything you will need to recreate this multi-sensory experience at home.

PAMIS are pleased to be working with our partners to create this new opportunity for people with PMLD and their families and would like to thank The Holywood Trust and Shared Care Scotland for their support in making this possible.



The
Holywood
Trust



Our story is set on a wintery scene in Svalbard.

Snow covers the ground.

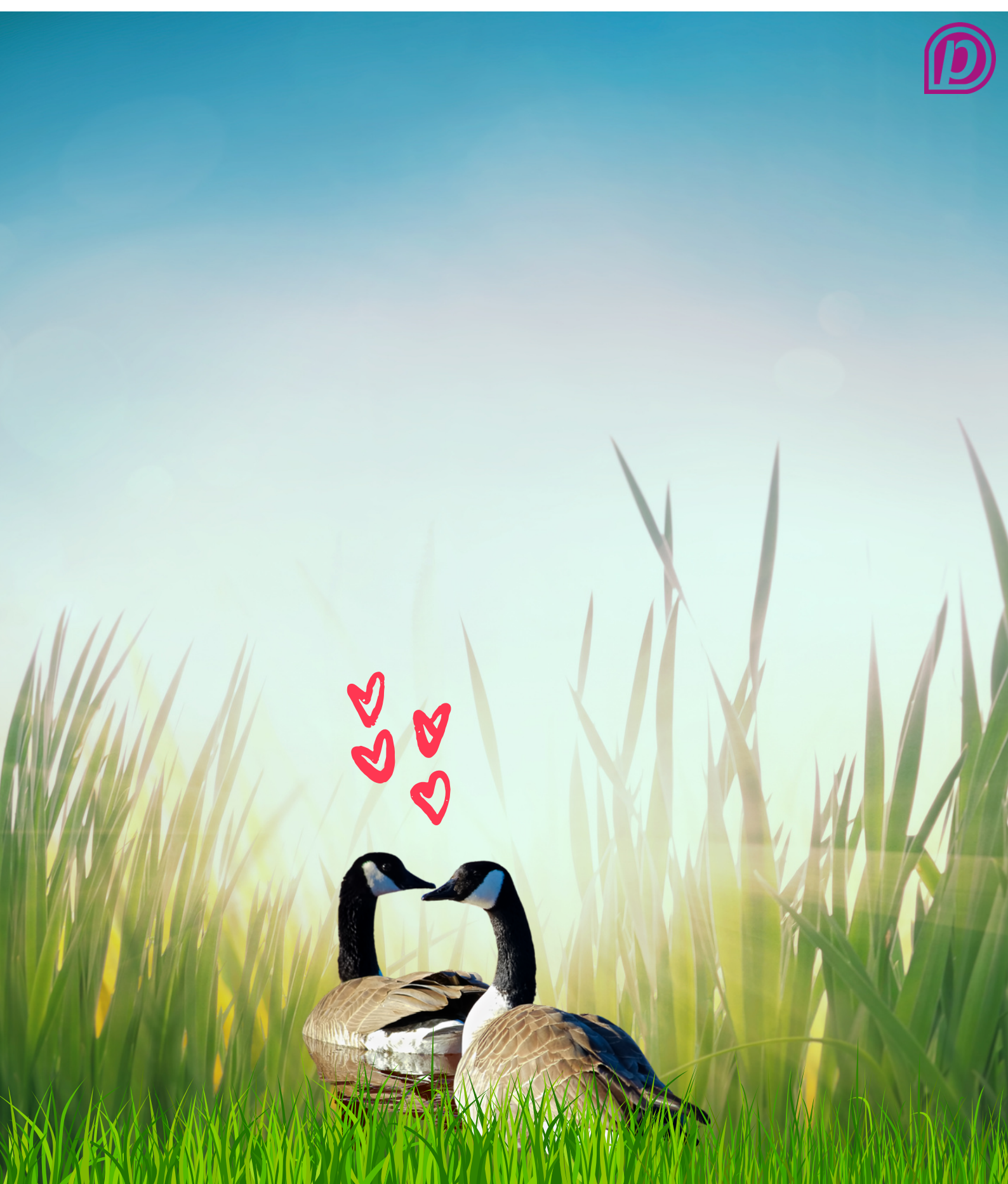
Place white snow blanket over the lap.

Listen to the Winter Soundtrack and watch the opening of the film.

The male and female goose explore the snowy ground.

The seasons change and Spring appears...

Change the snow blanket to the green blanket.



It is now warmer in Svalbard and the land is lush and green.

The male and the female geese walk over the warmer land as they celebrate spring.

The male and female goose begin to fall in love.
Love heart shape with hands

The geese start to build a nest.
Pull the shredded paper together to make the nest. To extend this sticks and leaves can be gathered outside.

It looks like the female goose is ready to climb into the nest. She lays an egg.
Place an egg inside the nest.





The geese have kept the egg warm and now it is time to hatch.

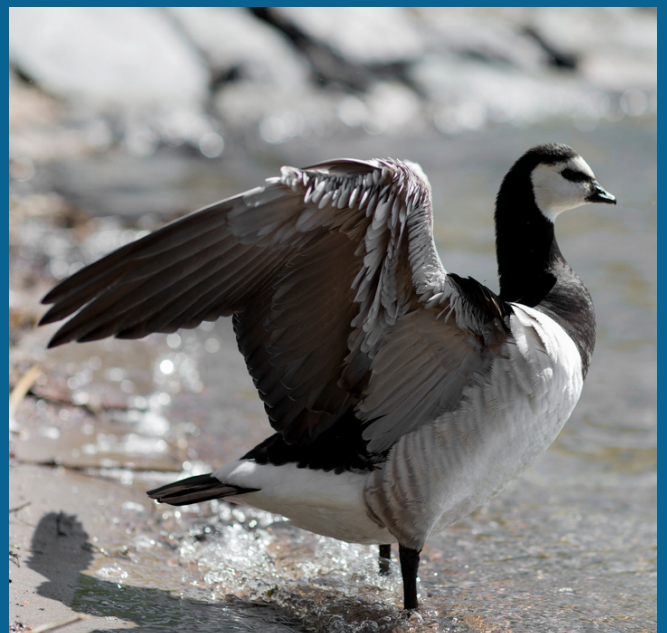
A baby gosling.

The gosling grows and it is time for the barnacle geese to leave Svalbard and migrate to Scotland.

They need your help to make them fly.



Shake the rattle along with the migration music in the video to make the geese fly!



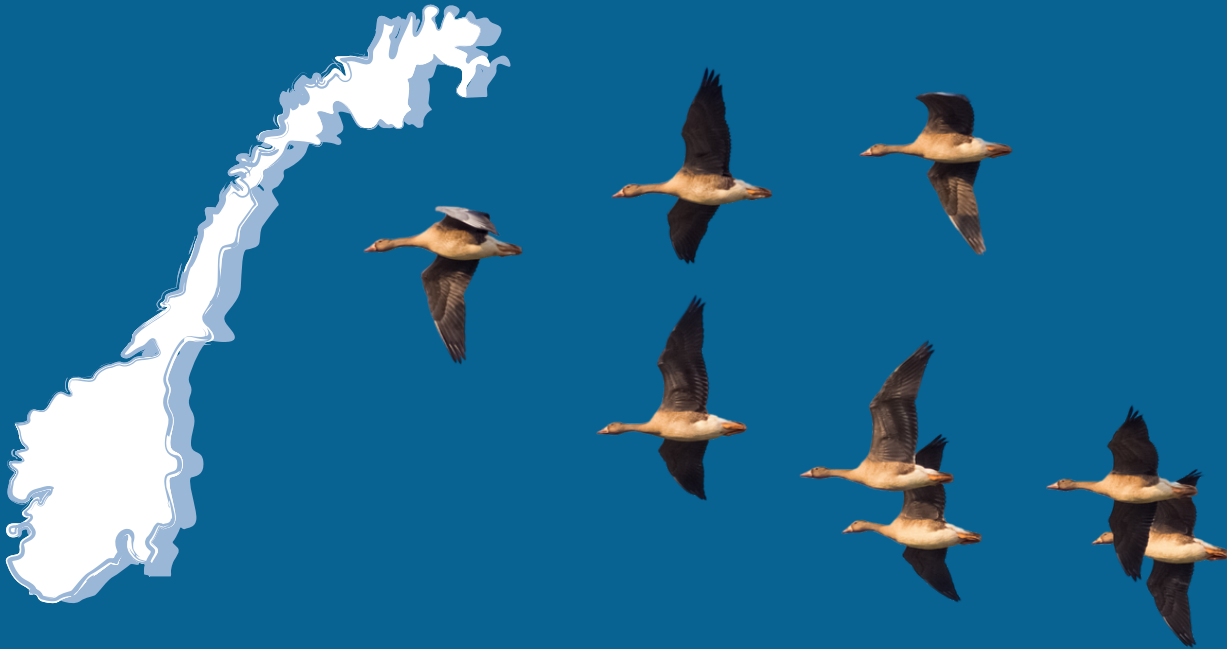


As they fly... Autumn arrives.

Crunch the Autumn leaves



As the geese fly over Norway, they can smell the roasted pork being eaten by the locals.



It is time to move on once again and the geese fly to their second home in Dumfries and Galloway.



They land to the sound of bagpipes and the feeling of the wet rain.

Drop water droplets onto hands.





Snow Blanket \ Green Blanket

Ingredients:

A bath-mat or place mat with holes in; a piece of white fabric or net; strips of green fabric; use white and green wool/string; strips of bubble wrap; pipe cleaners; scissors; string; sticky tape; green/white paint; paintbrushes

Method:

- 1. Gather all your resources.**
- 2. Cut your green fabric and bubble wrap into strips.**
- 3. Paint some of the bubble wrap white and some green if you like. Allow to dry thoroughly.**
- 4. Place your chosen mat in front of you. Feel the texture and the holes across the surface.**
- 5. Firstly, we are going to create a “green” blanket so only use the green fabric strips and bubble wrap. Thread the materials through the holes.**
- 6. Turn the mat over and place your white fabric; bubble wrap or netting over the whole side. Attach at the sides using string, pipe cleaners or tape.**
- 7. Feel the mat and see the change of colour as you turn it over.**

Let's make a bird nest

Ingredients:

Shredded paper (tissue paper; newspaper; packaging); collect dried grasses; twigs; dried leaves; straw; PVA glue; scissors; bowl to mix materials with glue; wooden spoon to mix; food extract (optional)

Method:

- 1. Gather all your resources.**
- 2. Place shredded paper and straw; dried grasses into your bowl.**
- 3. Add a little water to some PVA glue and add to the shredded materials**
- 4. If you want to, you could add your favourite food extract- vanilla; cinnamon; even chocolate!**
- 5. Now mix your paper; straw etc... with the spoon until all covered in glue.**
- 6. Pick up a handful of the mix and shape into a bowl design. You could use an upturned bowl to do this**
- .7. Add any extras such as leaves and feathers to your design.**
- 8. Allow to dry.**
- 9. Feel the shape of your nest and maybe even smell it!**

Shaking rattle

Ingredients:

Small container with lid- for example plastic drinks bottle with screw top; empty tub of butter; small plastic milk carton (1 pint or 2 pint size)- check your recycling bin! Buttons; dried pulses or pasta; beads; bells; stones or shells to be placed inside your container; glue; paintbrush; coloured tissue paper or sweet wrappers; ribbons to tie on handle or around the neck of bottle.

Method:

- 1. Gather your equipment – wash and dry your container.**
- 2. Place your noisy bits for your rattle into the container**
- .3. Once the lid is secured give it a shake!**
- 4. Now to decorate your shaker**
- 5. Cover the outside of your bottle or tub with glue.**
- 6. Tear up tissue paper and stick onto the glued surface.**
- 7. Allow to dry.**
- 8. Finish off with coloured ribbons attached to handle or neck of container.**
- 9. Shake your creation and listen to its sound**

Autumn leaves

Ingredients:

Large sheet of cardboard- use back of cereal packet;
cardboard box; pva glue; paintbrush; autumn coloured paints-
red; orange; yellow; brown; old magazines; tissue paper;
bubble-wrap; survival blanket(foil); scissors

Method:

- 1. Gather your resources.**
- 2. Lay your card in front of you. Paint the surface with Autumn colours.**

Let it dry.

- 3. Cut out leaf shapes from magazines; tissue paper; foil blanket; bubble wrap**
- .4. You can paint these or leave them plain.**
- 5. Stick the leaf designs onto the cardboard.**
- 6. Layer the paper leaves to create an Autumn woodland floor.**
- 7. Feel the leafy card and listen to the sounds.**