11) Journey's End: There is some time to relax before turning round and going back to Leeds.

Multisensory aims and outcomes

To cool down

n

Props

- 1. Long ribbon sticks
- 2. Long lengths of blue material /lycra

n

Sensory activity

- Ask the pupils to lie down on the floor, out of chairs if possible, or sit closely together
- 2. Waft the material or ribbon sticks over them in time to the music.
- Or all sit around the lycra holding onto it, moving it slowly up and down in time with the music like the movement of the waves.

Musical aims and outcomes

To stay still and listen

n

Instruments

An ocean drum, or tambours filled with different sizes of grains/pulses, sand or gravel (avoid if you think your pupils will try to eat these)

n

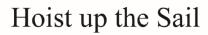
Musical activity

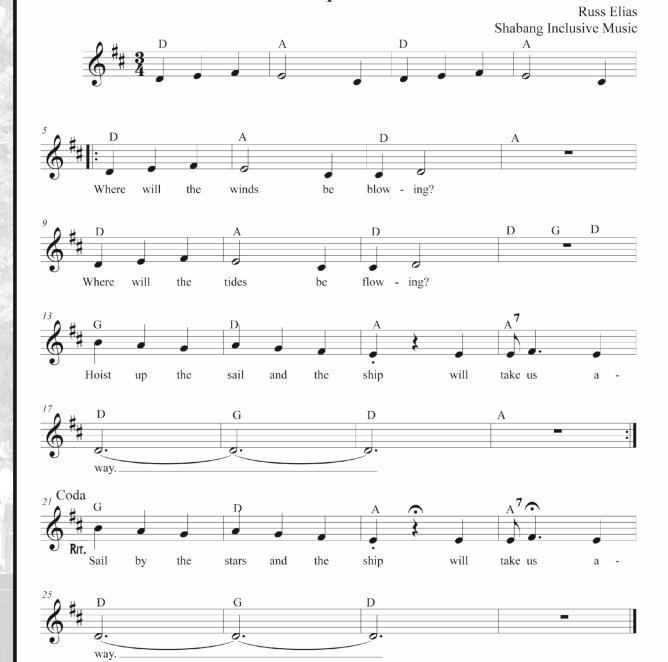
Move the ocean drum/tambours slowly in time with the song to make the sound of the waves.



Hoist up the sail - words:

- Where will the winds be blowing?
 Where will the tides be flowing?
 Hoist up the sail and the
 Ship will take us away
- 2. Where will the winds be blowing? Where will the tides be flowing? Follow the clouds and the Ship will take us away
- 3. Where will the winds be blowing? Where will the tide be flowing? Sail by the stars and the Ship will take us away.





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