

# *pamis*

*promoting a more inclusive society*



# Multi Sensory Story Making

**PAMIS love stories and stories connect people.**

**We would like to invite you all to participate in making multi-sensory stories to share with each other and with us.**

**Making up your own story is fun and choosing sensory stimuli you like is fun too!**

**Why not get everyone involved, get mum, dad, your brother, sister, friend, gran or grandad involved. They could make pictures for your story and send them to you. They could make your story into a book.**

**Wherever you are, whatever you're doing, we would love to hear your stories. Once you've made your story you can read it live online, or just send us pictures.**

**It's up to you but come on, get out get going, be story makers!!!! We want to hear your stories!!!**

## **Multi-sensory stories can:**

- **Support people to connect with real life experiences through their senses**
- **Support people to share their experiences through their senses**
- **Help prepare people for difficult situations in their lives**
- **Help prepare people for new experiences**
- **Support people to engage with their culture and heritage**
- **Support people to access the school curriculum and lifelong learning opportunities**



## Multi-sensory stories are fun!

Let's make multi-sensory stories to share together. Everyone can join in story making and it would be great if you could send a video or pictures of the stories you create to PAMIS.

If you would like to share your stories live with others just let us know and we will organise an online story session where you can be the storyteller. It doesn't matter where you are, you can make multi-sensory stories.

If you're able to get outdoors, you could create a story about your experience. If you are stuck at home, you could create a sensory story using things you have in the house or garden, if you have a garden.



Why not create a multi-sensory story trail in the garden or the house, or tell a story about the birds in your garden?

It could be fairy tale you know, or you could try making up your own story. All you need is your imagination!



So, let's get story making.



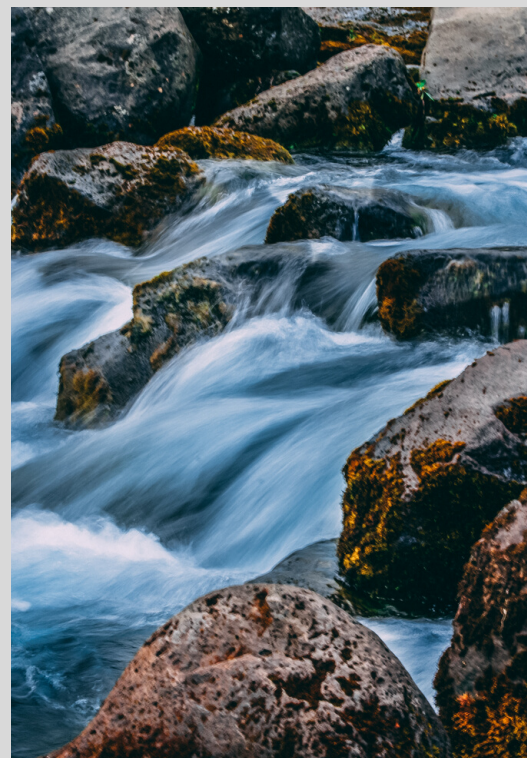
## Creating an experiential story.

Do you like going for a walk?

If you do, then why not collect things on your walk to make a multi-sensory story about your experience, then come together and share your story with others.

Things to think about when creating your story.

- What is the weather like? Is it raining, windy or sunny? Is it cold or is it warm? What is your favourite weather?
- What can you hear? Do you hear the wind? Do you hear the birds? Do you hear the river or the sea? What other sounds do you hear?
- What can you touch? Can you touch the bark of a tree? Can you feel the texture of the leaves on the trees or on the ground? Can you feel the soil or the sand? What else can you feel on your walk?



## Other things to think about when you are on your walk.

Stop and be still for a moment. Be aware of what you can hear, see, touch and smell.

Think about how that makes you feel. The person that you are with will also be having their own special interaction with nature and you might want to note any slight change in their way of being. Are they more/less vocal? Is there a change in the way they interact outdoors?

You will have to watch carefully and remember; everyone is different so everyone's interactions or responses will be different. You might know how they are experiencing the moment but here are some ideas to help you think about it.

- Quiet time is not always possible, especially when there are a lot of people with you on your walk but if you get the chance allow the story maker a little time to experience the sights, sounds and smells of the natural world around them.
- Sitting in silence around a tree and watching the natural light dancing through the branches or listen to the sound of the breeze, the wind and the birdsong, is such a magical and sensory moment. Often in busy, active lives it is nice to experience the stillness. Every season brings it's own experience.
- The sound of the river as it gurgles over the stones is also a calming and soothing sound.





Being outdoors offers a multitude of opportunities and experiences for a multi-sensory story maker to collect items and reminders of their walks. They can use these items to recreate the story of their experience, either for themselves or to share with others.

It's great then to have the story to create and retell on a rainy day when you may not be able to get outside.

Although rainy day stories are fabulous too!

Trees, rivers, lochs and land all have their own stories and folklore too, so you might want to look up some of these stories and make a multi-sensory story

## Stories in the house or garden

Imagination and a few bits and pieces you have lying around the house or garden are all you need to create a story trail.

You could tell the story of little red riding hood or maybe you have a favourite story you would want to tell.

You could make a trail by setting up sensory scenes around the garden and then move around each story station, exploring the objects you've chosen for the story. Or you could make up a story about a trip you've been on or maybe you would want to tell a story about your favourite place.

Use what you have in the house or around the garden if you have a garden.

**\*Top tip: desert and tablespoons hanging on strings make a great windchime. The pictures in this story sheet will help you with ideas for your stories. Come on story makers get creating!**

