

COLLAR & CUFFS CO PRESENTS

Near & Far

Part 1 of the Strings & Things sensory story suite

Commissioned by



Mainspring
Arts

Supported by AOK Trust

**time to change
champion**

helping to end mental health discrimination



Family Arts
Standards

with Family and Childcare Trust

1. Near & Far

Resources Required

A ball of string

You will need this for every story in the suite, it doesn't matter what colour or material the string is made from: it just needs to be sufficiently long to wind into a ball and so you can make multiple sensory effects with it by trimming pieces off and still have enough left to keep a ball, and it needs to be reasonably strong too. Alternatively, you could use wool or ribbon.

A device to stream audio tracks & sound effects on

Click the link: <https://soundcloud.com/julia-collar/sets/near-far-sensory-story-songs>

A string telephone

Tin cans, paper or plastic cups all work well - keep the string pulled tight to get the best amplification effect.

A sock

Gather up some of the fabric from the cuff and tie a loop of string to it; this is to make a zipwire basket.

A telescope

The cardboard innards of wrapping paper rolls, toilet or kitchen rolls, for example.

Baking foil and a large dinner plate

Cover the dinner plate with the foil to create the moon. You could use a shiny saucepan lid, or if you have a moon lamp then use this instead.

Some special things

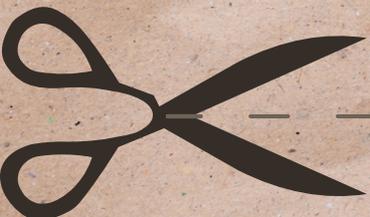
These could be photographs, something that was a gift from a particularly important person i.e. a grandparent or friend, an item of school clothing, a swimming kit, or anything else that would have a strong association for your person with the places and people they are missing.

Salt water

A set of keys

Tissues

A torch



To Start the Story

The preface to every story in the suite

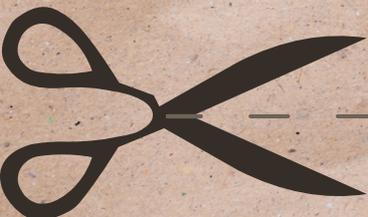
Each story starts and ends the same way, creating routine and consistency that orients the person you're sharing the tale with and supporting transitions in and out of the experience.

If you use Story Massage then download the strokes for the poem by clicking the image:

If you don't, then follow the actions overleaf; the words in **BOLD** are the ones you read, the words in normal are the actions.



We found a magic ball of string,
It came to us from Who Knows Where.
With it we can make most anything:
A telephone, a flight of stairs.
A hole in a tree, the moon in the sky,
A fishing line, a butterfly.
With our string we explore both
Known and unknown -
The whole world awaits!
But, without leaving our home.



**We found a magic ball of string,
It came to us from Who Knows Where.
With it we can make most anything:**

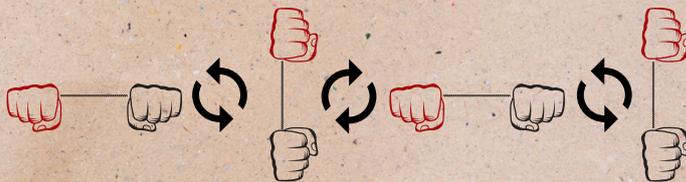
Roll the ball of string slowly and rhythmically on the person's palm

A telephone,

Hold the ball to the person's ear

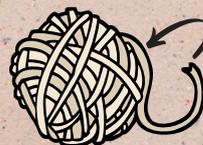
a flight of stairs.

Hold a short length of string horizontally between your hands and keeping your left fist stationary, rotate the string 90 degrees left to vertical; then, keeping your right fist stationary; rotate 90 degrees right back to horizontal whilst raising your arms to give the impression of stairs - invite/assist the person to hold the string in the middle while you move. See diagram below.



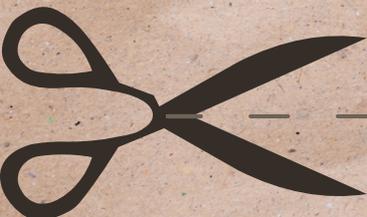
A hole in a tree, the moon in the sky,

For the hole, pull some string from the ball and touch the free end back onto it to create a circle; your person may like to feel the circle, or you could peep through it. Vary the size of the circle by making big ones you could fit your whole body through and small ones that slip over a finger like a ring. For the moon, lift a circle up above your heads.



A fishing line, a butterfly.

For the fishing line, use the free end and 'cast' the line out across the room or gently on to the person's hand or lap - can they catch it? For the butterfly, take the free ends of the string and make it into two floppy loops. Hold the loops in your fist and flap them like wings.



**With our string we explore both known
and unknown -
The whole world awaits!**

Return to rolling the ball of string around your person's palm.

But without leaving our home.

Close the person's fingers over the ball of string with yours over the top, and rest.

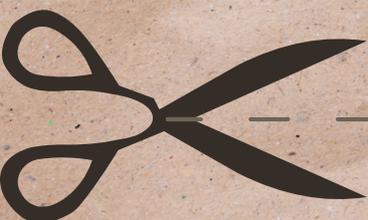
Song: We've Got A Tale To Tell

Clap, tap, bang, or stamp along - focus on rhythm and anticipation: use instruments or pots and pans, or just your bodies.

**We're going to tell a tale,
We've got a tale to tell
We don't know where it ends,
We just know that it ends well.**

**It may roll round the sofa,
It may roll out to sea
We're going to chase that tale
And see what we can see!**

**Hey, ho, and let's pretend
Unravel the tale, see where the yarn ends
Hey, ho, and let's pretend
Unravel the tale,
And see where the yarn ends!**



Near & Far

Sensory Story

The words in **bold** are the ones you read out, the ones in normal describe sensory activities and experiences to support the story.

One day, everything was different. We had to stay at home. We couldn't go out, not even to school/swimming/day centre, etc. We couldn't see our friends. We couldn't even see our family unless they lived in the same house as us. We missed everyone lot.

Staying at home felt strange, but we knew we had our magic ball of string, and with string we can do most anything!

Roll the ball of string on the person's palm or lap. After a few repetitions, shake the ball on the person's hand, leg or chest to create a vibration, and get ready to add a sound effect.

What's that sound?

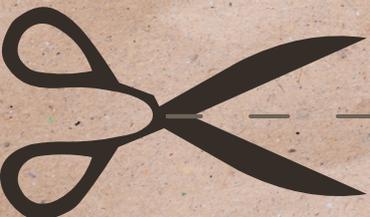
Play the sound effect of the phone ringing, or make one with your voice. Repeat as many times as necessary.

We'd better answer it. Hello? Who's there?

Pick up ball of string, hold to your ear and pretend to answer the phone. Start a conversation e.g. 'Yes, this is [your name] speaking...'

Hang on a moment, this is no good. You need to hear this conversation too.

Pick up the string telephone and hold one can near the ear of your person. Place your mouth near to the can and their ear and make a hissing, buzzing, swishing sound into it.



They sound very far away, and the line's very bad. Maybe if we tap the phone, the signal will improve?

Tap and bang the can together with your hands. Listen again, make more hissing and swishing noises. Tap again. Pick up the other can and get ready to talk into it, support your person to keep their can near their ears. Play the sound effect of the Apollo 13 Mission.

You've had a problem? Oh dear, I'm so sorry to hear that. Where are you? You're on the moon?! (Then, as an aside to your person) [Person's name], it's astronauts on the moon! Would you like to say hello?

Talk into your can, use whatever prompts your person prefers to encourage them to vocalise into their can; take turns listening and making sounds through the string telephone to each other. Words like 'moon' when the sounds are drawn out (mmmmmmooooooooonnnnnn) can work well.

You've lost your keys? Well, we'd better help you look for them. Because you're so far away. we'll use our telescope so we can see you.

Listen to the can, then speak into it to continue the conversation. Set up the telescope. Look through it at your person and delight in seeing them, get close and each put an eye to the tube to see each other. Illuminate your foil/plate moon with your torch, invite your person to look for it through the telescope - hold it high, hold it low, move it close, move it further away, etc.

No, we can't see them either. Maybe they've fallen down the back of your sofa/under the table etc?

Speak into the can again. Then jingle your keys out of sight of your person - can your person turn their head or eyes towards the sound? Repeat, jingling them in different places inviting your person to listen and find the sound.

We've found your keys. Now, how do we get them to you? Ah yes! Our magic ball of string!

Invite your person to load up the basket with the keys, thread it on to some string, place the moon on the floor and illuminate it with the torch. Invite your person to hold one end of the string, and see if you can slide the basket down to land on the moon (you may like to make whooshing noises): you may need several attempts and experiment with different heights, etc. Have a big celebration when you succeed.

Play the sound clip of the Apollo 11 Mission.



We're happy to have helped you.

Repeat the Apollo 13 sound clip.

You've got another problem? Oh dear! It's not been an easy day for you, has it? You're missing home? You *are* a very long way away. And, when you cry in space, the water just stays on your face in a blob: it can't fall down? That must be strange!

Listen and speak into the string telephone again carrying on the conversation. Dip a finger into the salted water and drip a tiny drop on to your person's face, can they tip their face up and balance a drop on their cheek for a second? Can you? Who can balance it the longest and create tears in space?

Send us back the basket and we'll send you some tissues so you can dry your eyes and blow your nose. We know how you feel, but we have the similar problem: we're all far apart, but we're still on Earth! Missing your special people and places is harder on some days than others, isn't it?

Slide the basket from the moon back to your person, and load the basket up with some tissues. Slide the tissues to land on the moon. Play the Apollo 11 soundclip again when successful and cheer.

You're looking at us through your telescope? Can you see us waving? We can show you what we do when we are missing our special people/places.

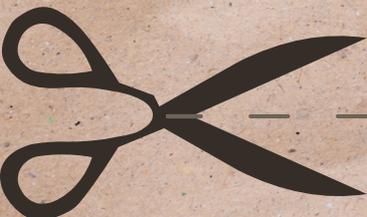
Listen and speak through the string telephone again. Invite your person to wave to the moon. Explore the special things you've chosen for your person.

When we feel sad, we let our tears out and we can help each other wipe them away. We feel far apart from our special people, but we are near each other for comfort.

Drip tears onto your person's face and your own again. Dry their tears, see if they can help dry yours.

When our sadness makes us feel cross and grumpy, we let it out and we can help each other through to calmer feelings.

Rip the tissues into shreds together, then place on a palm and blow them away to create confetti: can your person blow them?



And we can always use the telephone to speak to and see our special people when we need to feel closer.

Use the string telephone again, and say 'Hello' in lots of funny voices, encourage your person to vocalise. For those who are able, they may like to practice a conversation with someone they're missing.

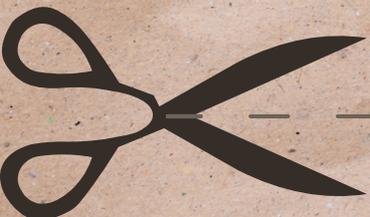
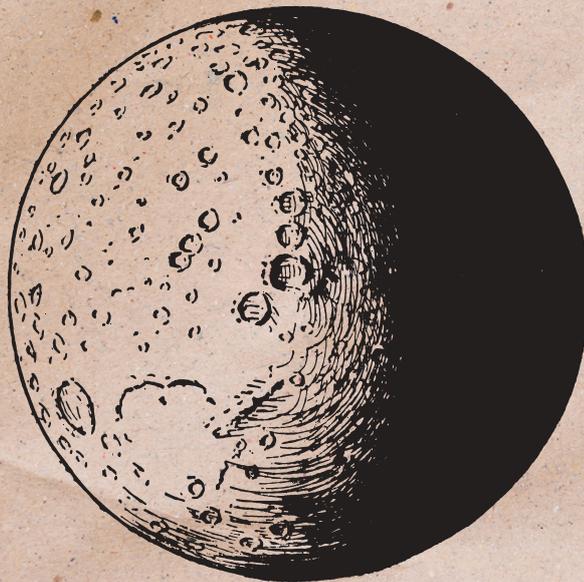
It's time to go now, we need to roll back our magic string. Goodbye astronauts, we will think of you with your bits of tissue floating in space next time you feel sad, and we'll be sure to wave at the moon whenever we see it - what's that? You have a final message?

Invite your person to hold the end of the zipwire, pull gently on the other end as you wind it up into a ball creating some resistance between you, tug back and forth. Play the audio clip of JFK.

"We choose to go to the moon. We choose to go to the moon in this decade and do the other things, not because they are easy, but because they are hard, because that goal will serve to organize and measure the best of our energies and skills, because that challenge is one that we are willing to accept, one we are unwilling to postpone, and one which we intend to win, and the others, too."

John F. Kennedy, September 12th, 1962

Note to story narrators/facilitators - in your mind, swap the word 'moon' for 'Lockdown'.

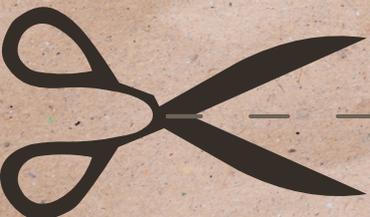


To End The Story

The epilogue to every story in the suite

**We used our magic ball of string,
That came to us from Who Knows Where.
With it we made most anything:
A telephone, a flight of stairs.
A hole in a tree, the moon in the sky,
A fishing line, a butterfly.
With our string we explored
Both known *and* unknown.
The whole world was ours!
But, without leaving our home.**

Repeat Story Massage or movements used in the prologue, adjusting for the word changes.



Song: The Tale That Was Told

Rock or sway to the song, repeat as required. Alternatively you could roll the ball of string in your person's palm again as a calming massage.

**The tale that was told,
It was told to last.**

We called up the moon

line changes depending on story

We created our past.

For now it is done,

It rests in our reverie;

For the tale that was told

Is made of nought but a memory

And here the tale ends,

And here the tale ends.

And here, and here,

And here the tale ends.

