A Train Ride Through India - A Rhyming Multisensory Story Copyright © Victoria Navin 2020 All Rights Reserved.

This booklet will guide you and the story participator through a multisensory exploration of Indian culture.
You will find a Q & A section at the back of this booklet.

⚠️ Before we board the train we have to complete our health and safety checks. Please read the information below.

The author has used their best efforts in preparing this story and makes no representation or warranties with respect to the accuracy, applicability, fitness or completeness to the contents. The information in this story is for pleasure and educational purposes only. If you wish to apply any ideas contained in this book you are taking full responsibility for your actions. If you are in any doubt regarding undertaking any activity or using a prop then seek advice before starting.

⚠️ Not suitable for children under the age of 3.

⚠️ These activities are designed to be led and supervised by a responsible adult at all times.

⚠️ Be aware of choking hazards.

⚠️ Check the ingredients in any items you may be using for potential food or skin allergies or reactions. If you see any signs of redness, swelling or other symptoms of a suspected reaction seek immediate medical advice.

⚠️ The interactions should be led by the story participant who should be allowed to participate without expectation. Never force stimuli and stop the activity if the story participant shows signs they are not enjoying the activity.
Congratulations! 😊 You have passed your health & safety check.

Let’s prepare for to board the train!

⚠️ You will not need all of the items listed.

There are different prop options within the story, you can also add your own!

- Whistle ✔
- Hair dryer/Wheat Bag/Hot Water bottle ✔
- Sari/Sparkly Material ✔
- Torch ✔
- Mirror ✔
- Bangles ✔
- Face Paints/Red chalk/Turmeric/Paintbrush/Water ✔
- Cardamom Pods/Cinnamon/Cumin/Poppadoms/Rice/Bombay Mix ✔
- Lion Roar Sound Effect (on device (iPad/Mobile Phone/Dictafone/Talking Tile)
- Yellow Fluffy Material/Fake Plastic Teeth ✔
- Water Spray Bottle & Warm Water ✔
How to Tell a Multisensory Story

 عشر Choose a quiet, distraction free place that is comfortable for you and the story participator, who from now on, for ease of reading, I will refer to as the ‘learner’

 عشر Set out your resources where they are easily accessible to you but out of reach and sight of the learner.

 عشر Place the first story prop into the story bag.

 عشر The story is set out in a three column table format:

<table>
<thead>
<tr>
<th>STORY</th>
<th>PROP</th>
<th>SENSORY EXPERIENCE</th>
</tr>
</thead>
</table>

Read each sentence of the STORY slowly and clearly, introducing the story PROP as the corresponding word (highlighted in red lettering) of the sentence appears. Provide the SENSORY EXPERIENCE.

 عشر Allow the learner time to engage their senses exploring the prop and to process the sensory experience. This will give you plenty of time to place the next prop into the story bag.

 عشر Use a variety of facial expressions, gestures and animated voices to add interest and communicate meaning.

 عشر Work through the story at the learner’s pace. It should be a relaxing and enjoyable experience for you both. You do not have to complete the story in one sitting. You can explore one or two sentences adding to the story in the next sitting. It may take several sessions to complete the story.

 عشر Repetition is the key! The more exposure the learner has to the story, the more familiar they will become with it.

 عشر Focus on having fun and it will become an educational experience!
**A Train Ride Through India - The Whistle**

<table>
<thead>
<tr>
<th>STORY</th>
<th>PROP</th>
<th>SENSORY EXPERIENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>We’re on a train in India</td>
<td>Makaton sign for train</td>
<td>To sign train using Makaton, place your arm at your side with your elbow bent and make a circle.</td>
</tr>
<tr>
<td>’All aboard’ it’s time to go!</td>
<td>Whistle</td>
<td>Develop anticipation skills encouraging the learner to blow their whistle on the cue of ’Ready...steady...GO!’</td>
</tr>
<tr>
<td>The driver blows his whistle, Ready... steady...off we go!</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# A Train Ride Through India – Hot Air

<table>
<thead>
<tr>
<th>STORY</th>
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</tr>
</thead>
<tbody>
<tr>
<td>I open my window, to see the sights outside</td>
<td>Hair dryer</td>
<td>Starting with a low speed setting, direct the airflow from the hairdryer into the air around the learner's body.</td>
</tr>
<tr>
<td>A blast of hot air hits my face, this is one fun ride.</td>
<td>Wheat bag</td>
<td>Explore the different speed settings on the hairdryer.</td>
</tr>
<tr>
<td></td>
<td>Hot Water Bottle</td>
<td>Present the wheat bag/hot water bottle for the learner to feel the sensation of the heat radiating.</td>
</tr>
</tbody>
</table>
### STORY
A lady comes to sell her goods, she wears a sparkly dress.

She tells me it’s a sari and smiles like a princess.

### PROP

<table>
<thead>
<tr>
<th>Sari/Sparkly Material</th>
<th>SENSORY EXPERIENCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Engage the learner’s sense of sight encouraging them to explore the colours and patterns of the sari/material.</td>
<td></td>
</tr>
<tr>
<td>Engage the learner’s sense of touch, encouraging them to feel the silky texture of the delicate sari/material.</td>
<td></td>
</tr>
</tbody>
</table>

| Torch | Direct the torchlight onto the sparkles and sequins on the sari/material for the learner to observe how they glisten and sparkle. |

| Mirror | Offer the sari/sparkly material to the learner to wear. |
|        | Present the mirror so the learner can see their reflection. |
She has henna patterns on her hands and a bindi on her head.

A circular, little dot, of the brightest red.

**Prop**

- Paintbrush & water
- Face paints
- Chalks
- Mirror
- Turmeric

**Sensory Experience**

- Draw henna patterns on back of the learner’s hands using face paints, chalks or plain water and a paint brush.
- Mark a bindi on the learner’s forehead using turmeric, red chalk or face paint.
- Present a mirror so the learner can see their bindi.
Today she’s selling **bangles**

They jangle on her wrist

I pull out a few rupees

I simply can’t resist!

**Sensory Experience**

Present the **bangles** for the learner to explore.

Place the **bangles** on the learner’s wrist so they can experience their weight as they dangle on their arm.

Engage the sense of sound as the **bangles** gently clink with each arm movement.

Can the learner practice their counting skills as they place the **bangles** onto your wrist?

 Tip! Make your own bangles.
  - Colour a clear plastic water bottle using markers then cut into rings.
  - Wrap wool or silk thread around the plastic.
  - Thread beads onto string or ribbon.
  - Plait three pieces of cord securing the ends together.
**PROP**

At 12, the lunch cart rolls down the aisle, I can smell the *spice*

It's my favourite meal, *spicy* curry and pilau rice

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<tr>
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<tbody>
<tr>
<td><strong>Cardamom pods</strong></td>
<td>Engage the learner’s sense of touch as they explore the texture of the spindle-shaped <em>cardamom pods</em>. Can the learner peel open the capsule to reveal the small, black <em>cardamom</em> seeds inside. Engage the learner's sense of taste experiencing the floral smokiness of the <em>cardamom</em>.</td>
</tr>
<tr>
<td><strong>Cinnamon Stick</strong></td>
<td>Engage the learner’s sense of smell as they explore the intense woody, nutty fragrance of the <em>cinnamon sticks</em>. Engage the learner’s sense of taste of the earthy and peppery flavour of the <em>cinnamon</em>.</td>
</tr>
<tr>
<td><strong>Cumin Seeds</strong></td>
<td>Explore the tiny oblong, yellow-brown <em>cumin</em> seeds and the bitter sweetness of the spice. Explore the smell, feel and taste of the crisp, round <em>poppadums</em>. Explore the bright white, shiny dried or cooked <em>rice</em>.</td>
</tr>
</tbody>
</table>
### A Train Ride Through India - Lion

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Were travelling through the National Park</td>
<td><strong>Makaton sign</strong> 'lion'</td>
<td>To sign 'lion' using Makaton, draw your hands from the top to the bottom of your head in a claw-like movement.</td>
</tr>
<tr>
<td>I hear a lion roar</td>
<td>Lion roar sound effect</td>
<td>Play the sound effect of a lion roar 🐆 from your phone, app, or a talking tile.</td>
</tr>
<tr>
<td>Hidden in the undergrowth snakes slither across the floor</td>
<td></td>
<td>Can the learner activate the recording device independently?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Can the learner communicate a request for assistance to listen again?</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Create a lion roar noise. With your tongue rested on the roof of your mouth, make a deep noise from the base of your throat say ‘roar’</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Can the learner imitate the noise?</td>
</tr>
</tbody>
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<tbody>
<tr>
<td>In the sky black clouds form, heavy with their rain</td>
<td>Makaton sign for rain</td>
<td>To sign rain using Makaton, hold your hands up with your fingers spread wide bring the down in straight lines to represent rain.</td>
</tr>
<tr>
<td>Here comes a monsoon of water gushing down the windowpane.</td>
<td>Squirty water bottle</td>
<td>Using the trigger on the water bottle, mist warm water into the air around the listener.</td>
</tr>
<tr>
<td></td>
<td>Warm water</td>
<td>Explore the nozzle settings to change from a mist to a spray.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Use the water spray to wash off the henna patterns from the learner’s hands.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>❇️ For extra auditory input or if the learner dislikes water on their skin, spray the water onto an umbrella over their head.</td>
</tr>
</tbody>
</table>
A quick search on the internet will provide you with access to a library of free India themed audio clips and sound effects.

These can be played via your phone, iPad, Kindle or recorded to be played back on a Dictaphone or Talking Tile, Multi Memo Recorder or other device.

Play story-themed sound effects for the learner to experience e.g. train, whistle, lion roar, bangles jangling, dinner cart, monsoon

Can the learner communicate a request for 'more' to listen to a motivating sound again?
Can the learner activate the listening device independently?
Can the learner imitate the noise?
Can the learner correctly identify the sound?
Experiment with different levels of sound.
Take note of any preferences.
A sensory bin/tray is a container filled with themed items that provide a calming activity and the opportunity to learn through exploration whilst engaging the senses, meeting sensory needs.

This sensory play will develop fine motor skills as the learner manipulates the objects, problem solving skills through experimentation, creativity and imagination through exploration and build language and communication skills.

Providing this experience enables you to identify preferred items and sensations that can be used as motivators or to calm an individual when stressed.

**How to Make an Indian Themed Sensory Bin**

- Layer the base of a tray, bucket or paddling pool with lentils and rice.
- Take a note of any preferred items as these can be used as motivators.
- Add large leaves to represent the jungle floor.
- Scatter spices such as cinnamon sticks, cardamom pods and other spices.
- Provide spoons and containers for scooping activities.
- Add bangles, a torch, rubber snake, toy train, whistle.

Allow free exploration, supervising at all times.
Indian Themed Sensory Bag

Sensory or feely bags are a cheap and fun way to engage the senses and develop language skills.

- Choose a non-see through bag that is tactile and catches the eye.
- Place items related to the story into the bag e.g. whistle, wheat bag, sari, sparkly material, mirror, bangles, chalk, face paint, paintbrush, turmeric, cardamom, cinnamon, rice, poppadoms, toy lion and water in a squirty bottle.
- Give the bag a gentle shake to gain the learner’s attention.
- Encourage the learner to use their sense of smell, touch, hearing and taste to guess what the item is? (Provide clues if they are unsure.)
- Build functional language skills by asking the learner to tell you or show you what you might do with the item and where you might find it. Allow the learner time to explore the item and process the information then shake your bag again for them to select another item.
- Keep language simple. Focus on phrases such as ‘Choose’ when presenting the bag to the learner to select an item, the name of the object e.g ‘train’ bangle’ ‘rice’ and two-word phrases e.g. red chalk, warm water. Depending on the ability of the learner you may choose to add verbs such as ‘roar’, ‘eat’, ‘ride’.
Encourage students to express their creativity exploring Indian culture through a piece themed of artwork using different mediums.

**Sensory Indian Flag**

- This activity focuses on the colours of the Indian flag, orange, green and white.
- Draw three horizontal lines onto a sheet of paper.
- Using any means (fingers, brush, sponges) paint the top section orange using saffron, paprika or turmeric mixed in a tiny amount of water.
- Using PVA or a glue stick, affix dried rice to the white middle section of the flag.
- For the final section of the flag stick large green leaves that represent the jungle.
Mehndi Patterns

Create decorative patterns on the student's hands or feet using face paints.

If the learner dislikes face paints on their skin then you can use a paintbrush with clean water.

For a mess-free alternative, trace around the student’s hands or feet onto paper or card. They can then decorate them using felt tips/chalks/crayons/paints. Encourage students to experiment with wavy, zig-zag lines, flowers and dots.

Explore Face Paints
Role play is a crucial part of development providing opportunities to practice imaginative play, communication and language skills building narrative thought acting out scenarios.

Role play promotes social and emotional development building confidence and social skills such as sharing, turn taking and listening to other people's ideas.

- Help students to lay out chairs as if on a train creating an 'aisle' for them to walk down.
- Can they re-enact the story?
- Assign roles and responsibilities: The train conductor blows their whistle to signify the train's departure.
- The ticket seller sells tickets. (Where are they travelling to? Is it one-way or return?)
- The bangle seller wearing the sari sells their wares providing an excellent opportunity to work with money, whether it is calculating change or working on the concept of exchanging a coin for goods, encouraging decision making, as once the money is spent, it is gone.
- The waiter/ess in charge of the buffet offering spices and Indian foods for passengers to taste.
- Encourage students to swap roles.
What Is A Multisensory Story?

A multisensory story immerses the listener by telling a story using words and sensory stimuli (story props), connecting the individual to culture and literature in a way that is motivating and meaningful to their lives.

Who Are Multisensory Stories For?

Multisensory stories are aimed at individuals with special educational needs and learning disabilities from curious preschoolers to teenagers with complex needs. The stories form an excellent base on which to scaffold learning providing opportunities for the individual to work towards their personal learning goals and targets. The stories are also suitable for dementia patients in residential settings.

Are The Stories Only For Use In Educational Settings?

Absolutely not! The stories and poems are fully resourced, step by step guides, making them the perfect resource for Parents, Siblings, Guardians, Childminders, Early Years Educators, Teachers, HLTA's, TA's, Speech Therapists, Play Therapists, Support Workers, Activity Coordinators, Storytellers, Librarians and anyone with an interest in exploring storytelling through the senses in a fun and engaging way!

Why Rhyming Multisensory Stories?

The combination of sensory stimuli, listening to the rhyme and rhythm and the repetitive structure of the stories, supports memory and aids learning, playing a crucial role in the development of early communication language skills; joint attention, eye-contact, turn-taking, anticipation and the learning of concepts.
What Are The Benefits Of Multisensory Storytelling?

Storytelling builds a bond between the storyteller and the listener, enhancing well-being and enriching experiences. Exposure to sensory stimuli allows the listener to engage with new experiences to calm and alert the sensory system in a safe, therapeutic environment and use their senses to understand the world around them.

Can Multisensory Stories Build Communication Skills?

Sensory stories are an excellent motivating tool for encouraging alternative communication systems, early communication skills, Makaton, sign language and to facilitate PECS exchanges. The stories build the confidence of learners with speech impediments and communication difficulties as they have a physical (story) prop to support the words they are saying.

I Have a Question!

Get in Touch!

Website: www.rhymingmultisensorystories.com
email: rhymingmultisensorystories@outlook.com
Facebook: www.facebook.com/storytellingthroughthesenses
Twitter: @RhymingStories
A Train Ride Through India
A Multisensory Exploration of Indian Culture

All aboard for an exploration of Indian Culture with this fully resourced, step by step, story & themed extension activities. Multisensory stories tell a story through the senses in a fun and engaging way using props. The stories are adapted to suit a range of abilities from curious preschoolers to teenagers with complex needs.

Rhyming Multisensory Stories
Connecting individuals to literature, culture and topics in a way that is meaningful to their lives!

For more stories, poems, ideas and inspiration visit the website:
www.rhymingmultisensorystories.com