



## THE QUIET SUN

**Resources you will need:** phone, torch, hot water bottle or warm pack

**Gestures, signs and actions:** SUN, HOT, HOME, WINDOW, LOOK, SSH, clapping

**Sounds to make:** ahh (contentment) ooh (surprise)

**Feelings in the story:** disappointment, happy and peaceful, surprise

**Make it your own:** Change what you see out of the window, Take photos on your phone of what you see outside the window, and show them as you tell the story together

Change what the noise is that disturbs your peace and quiet (if you are really organised, get a family member to ring you!) or switch the radio on for loud music, or someone drops a saucepan in the kitchen...

... indicates where the child can most easily join in

**Next chapter:** what do you see out of the window tomorrow? Sunbathing at home; pretend beach at home;

**Adaptations:** This story relies a lot on vision. For a child with VI, use sounds to show what passes by the window



## SENSORY STORIES FOR SURVIVING LOCKDOWN

### The quiet sun

<b>The Quiet Sun</b>	<i>Sounds, words and vocalisations</i>	<i>Gestures, signs and body movements</i>	<i>A sound or word recorded on a big Mack</i>	<i>Showing a photo, either on a card or an iphone</i>	<i>Showing an object</i>
After lunch today the sun was so bright	Wow	Shielding eyes to show how bright the sun was			Shine torch
We said "wish we could go outside"...BUT we have to stay.... home to keep...safe	Home safe	HOME			
We said, Let's sit by the.... window	Window..	WINDOW Point to window		Picture of window	Draw curtain
The sun felt so wonderful and warm	Wow!	HOT		Sun	Hot water bottle to feel for warmth
And we looked outside... And we saw a... bus go by And a man with a ...dog go by And a ...cat go by	Bus man dog cat	BUS DOG CAT BIRD	Animal sounds	Images or Photos of bus, dog, cat, bird	



## SENSORY STORIES FOR SURVIVING LOCKDOWN

### The quiet sun

And a bird in a tree who sang to me!	tree	TREE			
It was really quiet No planes in the sky We were so peaceful and happy and quiet	Ahhh (sounds of contentment )	QUIET	Ahhh (sounds of contentment )		
That we fell asleep!	sleep	SLEEP	snoring		
But then....					
The phone rang really loudly! It gave us a shock!	OOH!	PHONE	UH OH!		
It was ....(name of family relative)	Clap hands	(name of person)	Name of person	Show picture of person	
She said ....hello What have you been doing?	Hello	HELLO			
And we said..... We were being lovely and ...quiet Till you woke us all up!	quiet	SSH	quiet		