



About

Created with practitioners in special education in mind, but also for parents/carers who use the same techniques at home, this additional pack provides outlines for a Story Massage version of the song **Looking (Be Curious)**, as well as a dance massage outline and a sensology session.

These ideas are designed to be used both with or without the video, independently or with the Sensory Activity Pack. They are also intended to be just starting points: feel free to amend and adapt to the unique needs of the people you work with, love or support.

What is Story Massage?

The Story Massage programme was created by Mary Atkinson and Sandra Hooper. The programme uses a series of ten different massage strokes that can be arranged in an infinite number of sequences to describe and convey the feelings or sense of a story, poem or song upon a person's body. Find out more, including resources and training options here:

www.storymassage.co.uk

What is Dance Massage?

Dance Massage uses elements of massage and movement combined with rhythm and music to create a non-verbal communication experience. The massage takes place between an individual and a partner who scaffolds the dance, offering sensory elements suitable to the music and person, but who also 'listens' and responds to ideas and movements initiated by the individual too.

Dance massage helps develop access to dance, but also appreciation of music and supports individuals in expressing preferences for songs, music styles, and sensory experiences.

What is Sensology?

Sensology is based on the ideas of **Flo Longhorn**. It is a structured experience that stimulates as many senses as possible, working through them one at a time, in order to enable individuals to stretch and strengthen their sensory perceptions, develop self-awareness, and to explore a theme, idea or concept through as many senses as possible.

Looking (Be Curious)



Poplar Union
**Digital Arts
Festival**
looking out • looking in • looking up



(Chorus) I'm looking out



Looking in



Looking up, looking...



Verse 1: Looking out (repeat stroke throughout)



(Prechorus) Take it all in, take it all in, take a moment be curious with me



(Chorus) I'm looking out



Looking in



Looking up, looking up, up



Verse 2: Looking In (repeat stroke throughout)



(Prechorus) Flow with emotion, roll like the ocean



Waves reveal the beach that you choose to see

Looking (Be Curious)



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Look deeper, go deeper



I'm showing you what lies right underneath for me



Take it all in, take it all in, take a moment be curious with me



Verse 3: Looking Up (repeat stroke throughout)



(Pre bridge) Looking out, looking in, looking in, looking...



Looking, looking, looking, looking Out



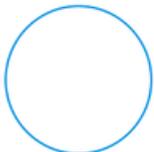
Looking, looking, looking, looking In



Looking, looking, looking, looking Up



Take a breath, exhale and begin



Vary between chorus, prechorus and bridge strokes to fade



Calm to finish

Looking (Be Curious)



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looking out · looking in · looking up



Dance like no-one's watching

I'm looking out, looking in
Looking up, looking

**Support arms out, in, and up
in time with lyrics**

Verse One

Rocking side to side

Take it all in, take it all in
Take a moment, be curious with me

**Gentle squeezing hands, arms
and legs in time to music**

I'm looking out, looking in
Looking up, up
I'm looking out, looking in
Looking up, up

**Support arms out, in, and up
in time with lyrics**

Verse Two

**Drumming with flat palms on
shoulders, back or lap in time to music**

Roll with emotion, flow like the ocean
Waves reveal the beach that you choose to see
Look deeper, go deeper
I'm showing you what lies right underneath for me

Rowing back and forth

Rolling body round core

Take it all in, take it all in
Take a moment, be curious with me

**Gentle squeezing hands, arms
and legs in time to music**

I'm looking out, looking in
Looking up, up
I'm looking out, looking in
Looking up, up

**Support arms out, in, and up
in time with lyrics**

Verse Three

**Patting balloons in the air or the underside
of fabric/parachute held overhead**

Pre Bridge

Gentle swaying with arms, ready to use prop

Bridge

**Vigorous waving of scarves, ribbons,
shakers etc in time to music**

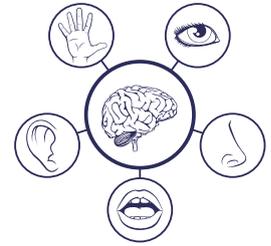
Chorus to Fade

**Support arms out, in, and up using
scarves/ribbons/shakers**

Looking (Be Curious)



Poplar Union
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looking out • looking in • looking up



The aim of this sensology is to experience the Looking Up/night sky element of the song; you may wish to create sensologies for the other elements by conducting a sensology around being outdoors or around listening for feelings and sensations inside our bodies.

Start of session

Listen to song

Use mirrors to enable participants to see and recognise themselves

Stroke faces, and share faces in the mirror with participants using exaggerated expressions and funny faces, lip trills/raspberries, etc to alert them to your face and to differentiate their face from yours.

I have a body

Stretch arms out and up, saying 'up, up, up'

Holding on to a scarf pulling arms gently up, saying 'reach, reach, reach'

I have eyes

Darken room

Turn on a star projector or other starry sensory light; use a strong torch beam as the moon; project on ceiling, walls, or the underside of a piece of white fabric/parachute

Allow time for locating and tracking

I have ears

Create starry sounds up and above heads e.g. jingling, chiming noises

Allow time for locating, listening, and follow cues indicating more

I have a nose

Offer two smells, one warm for the heat of the stars (black pepper oil, hot chocolate, ginger, etc) and one cold for the cold night (peppermint, tea tree or eucalyptus)

I have a mouth

Popping candy, sherbert, etc, for the fizz of the stars.

Adapt as required for nil by mouth

I have skin to touch

Offer cosy fluffy blankets and a warm hot water bottle/wheatbag to feel

Hand massage using Twinkle, Twinkle, Little Star for calm or repeat the song if something more invigorating would be better

End of session

Turn lights back on/open window coverings

Play song quietly accompanied by bubbles and time to relax