

A Winter Walk

A Multisensory Story



Introduction

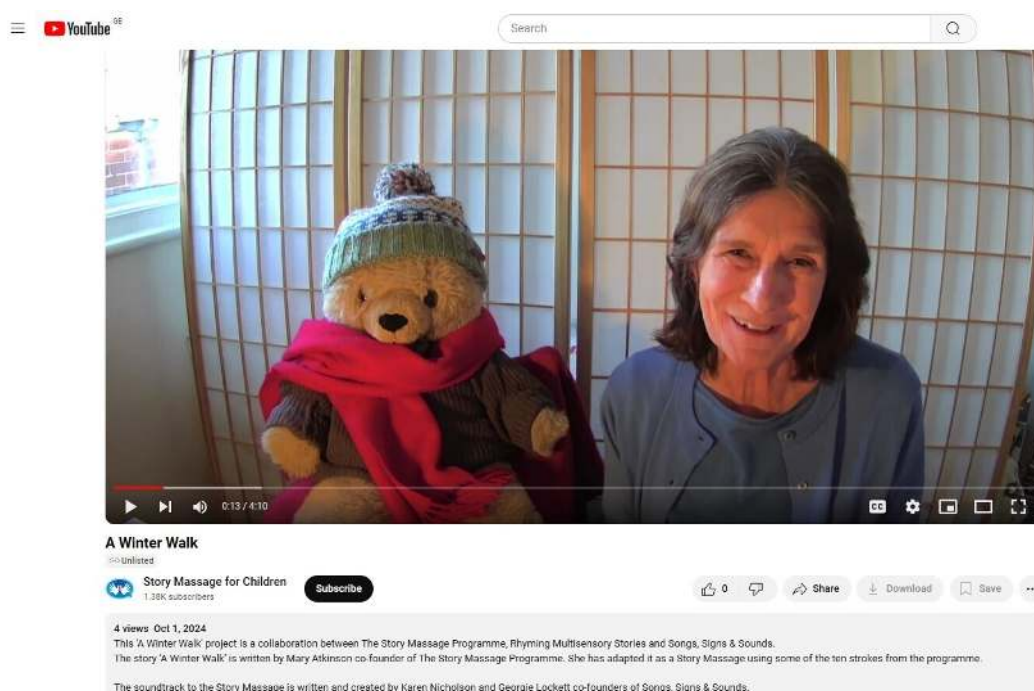
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Introduction

This project is a collaboration between [The Story Massage Programme](#), [Rhyming Multisensory Stories](#) and [Songs, Signs & Sounds](#).



The story 'A Winter Walk' is written by Mary Atkinson co-founder of [The Story Massage Programme](#). She has adapted it as a Story Massage using some of the ten strokes from the programme.



[CLICK TO VIEW THE STORY MASSAGE AND SOUNDTRACK](#)

The soundtrack to the Story Massage is written and created by Karen Nicholson and Georgie Lockett cofounders of [Songs, Signs & Sounds](#).

The story 'A Winter Walk' has been edited, adapted into a multisensory story and created into this ebook by Victoria Navin, Founder of [Rhyming Multisensory Stories](#).

About The Story Massage Programme



The Story Massage Programme combines the benefits of positive, nurturing touch with the fun and creativity of words – whether as story, rhyme or song. Ten simple strokes form the basis of the programme. The strokes have a name, such as The Circle or The Sprinkle, and an easy to recognise symbol making it fully accessible and inclusive for all ages and abilities.

Mary Atkinson and Sandra Hooper launched the Story Massage Programme training and book *Once Upon a Touch...Story Massage for Children* in 2013. They have now trained over 2000 people from many different backgrounds. The popular online course is flexible and is enjoyed by students from all over the world. The training is supported by a variety of resources including stickers and wallcharts.

Get in Touch

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About Rhyming Multisensory Stories



Rhyming Multisensory Stories

STORYTELLING THROUGH THE Senses 

Rhyming Multisensory Stories write fully resourced, step-by-step [sensory stories and teaching packs](#) aimed at sensory learners of all ages. They also offer training, subscriptions and a [FREE monthly teaching calendar](#) packed with ideas.

'There are many benefits to multisensory storytelling, connecting explorers to literature, culture, history and topic through the senses, using the story props as a tool for individuals to explore and express their likes, dislikes and sensory preferences, promoting independence, building confidence and linking activities to areas of learning, for me, the real magic is the bond created between the storyteller and the explorer when you share your adventures'

Victoria Navin

[Rhyming Multisensory Stories](#)



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[Songs, Signs & Sounds](#) is a social enterprise delivering free, weekly, online, pre-recorded music sessions for young people with additional and complex needs. These sessions combine music-making activities, well-being techniques, and captivating sounds so that you can access interactive, high-quality music sessions from the comfort of your own setting!

[Songs, Signs & Sounds](#) was founded by Georgie Lockett and Karen Nicholson in 2023. They are both experienced SEND music practitioners, delivering 1-1 and group sessions online and in person.

Get in Touch

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Guidance on Delivering the Story Massage

Follow-along with A Winter Walk using four of the Story Massage Programme Strokes.

Always Remember:

Ask permission to touch.

Sat 'thank you' at the end.

Watch/listen/respond to feedback during the Story Massage.

Using the strokes with Story Massage





Vary the speed, size and direction to suit the words.

Respect the sensory needs and preferences of the individual.

The instructions are given for sharing the Story Massage on the back, but the strokes can be given on any part of the body that is accessible and appropriate.









A Winter Walk Story Massage Strokes

Story Massage Stroke	Action
	<p>The Calm</p> <p>Rest the flats of both hands gently on your partner's back, head or shoulders. Hold for as long as feels comfortable.</p>
	<p>The Squeeze</p> <p>Place both hands on your partner's shoulders. Now gently squeeze and release. Repeat this gentle 'squeezing' movement several times. Ensure that the pressure feels comfortable.</p>
	<p>The Circle</p> <p>Rest one hand on your partner's shoulder. With the flat of the other hand, make a circular movement on the back.</p>
	<p>The Wave</p> <p>Rest one hand on your partner's shoulder. With the flat of the other hand, make a wave-like, zig-zag movement on your partner's back.</p>

A Winter Walk

Always ask permission before giving a Story Massage

	As autumn turns to winter, there's a chill in the air We wrap up warm, it's cold and frosty out there.
	When we get to the park, it's a magical sight The frost covers everything with twinkles of light.
	Look at the dogs in cosy coats to keep them dry Wagging their tails as they walk by.
	The pond is frozen, but the ducks don't mind We watch as they dive to see what treats they find.
	Perched on a bird table waiting to be fed Sits a small robin, her chest of bright red.
	We feel the first fluttering of soft, white snow. The cold wind gives our cheeks a rosy glow
	At home we make hot chocolate in my favourite mug Sit on the sofa, all warm and snug.
	Our winter walk was fun, we'll do it again Maybe tomorrow we can build snowmen.

Say 'thank you' at the end of the Story Massage

Please read before delivering any ideas and activities.

- The activities and ideas contained in this pack are designed to be led and supervised by a responsible adult at all times.
- Be aware of any potential 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 sensory explorer who should be allowed to participate without expectation.
- Never force stimuli and stop the activity if the sensory explorer shows signs, they are not enjoying the session.

This story has been adapted using props to provide a multisensory experience for sensory explorers of all ages with additional learning needs.

Guidance on Story Delivery

- Read through the story prior to delivery to familiarise yourself.
- Read the line of the text to the story explorer.
- Select your prop(s). There are several prop suggestions, you do not have to use them all.
- Present the sensory experience.

A Winter Walk Full Story

A Winter Walk

*'As autumn turns to winter, there's a chill in the air
We wrap up warm, it's cold and frosty out there.*

*When we get to the park, it's a magical sight.
Frost covers everything with twinkles of light.*

*Look at the dogs in cosy coats to keep them dry.
Wagging their tails as they walk by.*

*The pond is frozen, but the ducks don't mind.
We watch as they dive to see what treats they can find.*

*Perched on a bird table waiting to be fed.
Sits a small robin, her chest of bright red.*

*We feel the first fluttering of soft, white snow.
The cold wind gives our cheeks a rosy glow.*

*At home we make hot chocolate in my favourite mug.
Sit on the sofa, all warm and snug.*

*Our winter walk was fun, we'll do it again.
Maybe tomorrow we can build snowmen.*

A Winter Walk - 'A Chill in the Air'

'As autumn turns to winter, there's a chill in the air'

Props

- Fans
- Icepack

Set the Scene

Re-create the effect of the cold winter air blowing using the fans.

Tip:

There are many different designs of fans, each operating in their own way. They all promote the concept of cause and effect.

Present a variety of fans for sensory exploration.

Folding fan - This type of fan consists of a series of thin, rigid panels attached to a central pivot to form a semi-circular shape when opened. Using these fans builds finger and wrist strength as to use them they need to be gripped and wafted.

Explore different materials of folding fans:

Bamboo or wood - Sturdy and durable.

Fabric - The materials they are made from (cotton, polyester, silk, satin) make them soft to the touch.

Paper or card - Making a fan presents an opportunity for the sensory explorer to feel the smooth, zigzag patterned, accordion folds as they run their fingers back and forth over the paper or card. Decorate with feathers or sequins.

Plastic - A cheap, lightweight option, often with embossed/3D designs.

Engage in Scientific Investigation

Which fan is the strongest and blows the snowflakes the farthest?

A Winter Walk - 'A Chill in the Air'

Tip

Spritz scent or pop a drop of essential oil onto your fans to add an extra-sensory layer. Winter scents include: cedarwood, cinnamon, clove, eucalyptus, frankincense, ginger, juniper, nutmeg, peppermint, pine, sandalwood, star anise and vanilla.

Explore the different scents with the story explorer so they can choose their favourite one to add to the fan.

Battery-operated hand-held fans - Explore the concept of cause and effect as the button is pressed 'ON' to activate the fan and 'OFF' to stop it.

Dynamo or squeeze hand-held fans are powered manually by cranking or pressing a lever to operate a small generator within the fan to rotate the blades. These present tactile feedback as you can feel the resistance and gentle vibration when you squeeze. They also make a very satisfying noise!

Balloon pump - The air is generated by a series of quick presses and pumps. The nozzle enables thin jets of air to be directed.

Bellows - These produce larger amounts of air and can be operated using other parts of the body e.g., squeezing together using the inner arms, thighs or feet.

Idea

Connect an electric fan to a switch for remote operation.

Activities using the fans

- Gently direct/waft the fan into the air around the sensory explorer. Take their lead as you explore directing the air around or onto their hands/feet/hair. Does the sensory explorer show a preference for a particular fan?
- Make small tissue paper snowflakes, use the circles of paper from a hole punch, or readymade craft snowflakes. Model using the fans to blow the snowflakes across the table or lap-tray. Can the sensory explorer copy your action?

Engage in Scientific Investigation

Which fan is the strongest and can blow the snowflakes the furthest?

A Winter Walk - 'Wrap up Warm'

'We wrap up warm, it's cold and frosty out there.'

Props

Winter Clothing:

- Hat
- Scarf
- Gloves/mittens
- Earmuffs

Engage the Senses

Provide a range of winter clothing for sensory exploration.

Promote Self Care & Independence

Model wearing the winter clothes (this can be one item at a time or layer the items.)

Would the sensory explorer like to try on any of the items?

Can the sensory explorer dress independently or communicate a request for *'help'* if required?

Promote Choice-making through a Winter Clothes Exploration

Many of the items we use to protect ourselves from the weather can present unwanted sensory feedback, consider the restrictiveness of winter clothing or the fabrics they are made from.

The weather is a constant in our lives and is always changing therefore it is important to help individuals to build tolerance. One of the ways we can do this is through providing the opportunity to explore and express likes, dislikes and sensory preferences for clothing items. Below is an example using gloves.

A Winter Walk - 'Wrap up Warm'

Explore gloves of different fabrics; cotton, fleece, silk, wool, suede, felt, leather, velvet.

Explore gloves of different designs; full finger, mittens, fingerless, open palm, and arm sleeves, lengths; short, wrist and long, patterned and non-patterned.

Explore gloves for specific functions e.g., driving gloves, gardening gloves, opera gloves, work gloves, you could have fun exploring oven gloves! It doesn't really matter if the individual is wearing gardening gloves in the winter, the importance is that they are wearing gloves to protect their hands.

Repeat the activity with scarves, coats and hats.

Provide a mirror so the sensory explorer can experiment with their new look.

Winter clothes exploration through experimentation and repeated exposure in a safe and therapeutic environment, and most importantly by giving the individual a voice in expressing their preferences, support the individual in finding the items they feel comfortable wearing to protect themselves in the cold weather.

A Winter Walk - 'Frost'

*'When we get to the park, it's a magical sight.
Frost covers everything with twinkles of light.'*

Props

- Flour
- Silver glitter
- Box or tray
- Bark
- Leaves, moss, mud*, turf, twigs
- Sieve
- Torch

Preparation

1. Prior to the activity mix the flour and silver glitter and place in the freezer to chill.
2. Place the bark, leaves, moss, mud*, turf and twigs onto a tray or into a box.

Tip

*Make sensory mud by grinding or placing cereal into a blender, adding vegetable oil then kneading by hand into a mud-like consistency. You can tailor the consistency of your mud (thick or thin) to match the finger and hand muscle strength of the sensory explorer.

Activity

1. Present the box of containing the bark, leaves, moss, mud*, turf and twigs for sensory exploration.
2. Holding the sieve in one hand, model tapping the side of the sieve causing the flour and silver glitter mix to lightly cover the items on the tray/in the box.
3. Dim the lights in the room and using the torch, shine torchlight onto the items to see the frost sparkle.

Tip

A headtorch is a hands-free option and promotes tracking skills as wherever the head turns the light will follow.

A Winter Walk - Dogs in Cosy Coats

'Look at the dogs in cosy coats to keep them dry.'

Props

- Interactive dog toys
- Squeaky dog toys
- Collar
- Dog coat
- Assorted fabric and material

There are different options for props and sensory experiences for this line of the story.

You may wish to explore interactive dog toys which can be pushed/pulled and manipulated to add an element of play, puzzle toys, treat dispersing toys, or squeaky toys which make an engaging sound.

Other props used to represent a dog include a collar, dog coat or explore different textures of fabric and material to represent the dog's fur depending on the breed:

- Lengths of embroidery to represent the silky hair of a Maltese Terrier.
- Cotton wool to represent the soft and squishy hair of a Poodle.
- Fleece to represent the fleecy coat of a Labradoodle.
- A wig to represent the coat of an Afghan Hound.
- Scouring pad to represent the wiry hair of a Schnauzer.

Alternative Activity

Explore paw prints in the flour and silver glitter 'snow' and sensory mud.

A Winter Walk - 'Wagging Tails'

'Wagging their tails as they walk by.'

Props

- Feather duster
- Faux fur strip of material
- Stuff the leg of a pair tights with cotton wool
- Long balloon and balloon holder

'Wag' the feather duster, faux fur strip of material/tail made from a leg of a pair of tights, from side to side to mimic the dog's tail. Option to offer tickles using the feather duster. Increase the speed as the sensory explorer smiles or laughs.

Inflate a long balloon and place in a balloon holder. Model tapping the balloon to make it 'wag' like a dog's tail. Can the sensory explorer copy this action.

A Winter Walk - The Frozen Pond'

'The pond is frozen, but the ducks don't mind.'

Props

- Watertight container
- Ice cubes
- Plastic toy or rubber ducks

Engage the Senses

Place an ice cube into the palm of the sensory explorer so they can experience the sensation of the ice cube melting with the heat of their hand.

Model dropping the ice cubes into the container of water.

Can the sensory explorer copy your action.

Tip

Using warm water and cold ice creates a lovely tactile experience.

Alternative Activity

1. Freeze a shallow container of water.
2. Place the toy ducks onto the ice on the top of the container.
3. Model pushing the duck towards the sensory explorer.
4. Can the sensory explorer push the duck back to you?
5. Continue to practice turn-turntaking.

A Winter Walk - 'Diving Ducks'

'We watch as they dive ...'

Explore the Concept of Floating Through the Senses

Model placing the palm of your hand on the plastic or rubber duck and pushing it to submerge into the water.

Can the sensory explorer copy your action and feel the resistance caused by the pressure of the water as the duck pops back to the surface?

'...to see what treats they can find.'

Props

- Bread
- Lettuce
- Peas
- Sweetcorn

Feed the Ducks

Invite the sensory explorer to touch, smell and taste the different foods.

Model feeding the ducks by throwing the food into the water.

Invite the sensory explorer to feed the ducks.

A Winter Walk - 'The Robin'

*'Perched on a bird table waiting to be fed
Sits a small robin, her chest of bright red.'*

Props

Red feathers or red feather boa

Sensory Experience

Present the red feathers or feather boa for sensory exploration drawing the sensory explorer's attention to the difference in texture as they run their fingertips down the hard keratin shaft of the feather and feel the contrasting, soft, downy barbs as they brush against their skin.

Extend Learning

Provide a selection of different coloured feathers. Can the story explorer select the red feathers of the robin's chest?

Promote Listening Skills

- BIGmack
- Talking Peg
- Talking Tile
- iPad
- Dictaphone
- Recording and playing a robin's birdsong

Engage in Technology and Build Listening Skills

Play an audio clip of a robin's birdsong on your preferred device. (You will find free recordings online.)

Can the sensory explorer communicate a request to listen to the sound 'again? This could be through gaze, verbally or through sign.

Play the birdsong sound effect behind the sensory explorer's head and move from left to right. Can the sensory explorer track the sound?

A Winter Walk 'Bird Food'

Feed the Robin

Props

- Fat balls or birdseed
- Fat ball feeder or seed feeder
- Scoop
- Gloves

Present the birdseed for sensory exploration.

Can the sensory explorer fill the bird feeders with the fat balls or seed?

Health & Safety Guidance

Wear gloves when handling bird food and feeders.

Idea

Set up a Task Box

TASK BOXES

Task Boxes provide the materials and tools needed to complete a job or task.


Place items in a box.

You have the option to add picture or written instructions.

Always discuss how to use any tools safely and supervise the activity.

FEED THE BIRDS TASK BOX

3-STEP TASK BOX



4 STEP TASK BOX



A Winter Walk - 'Fluttering Snow'

'We feel the first fluttering of soft, white snow.'

Props

- Flour
- Sieve
- Silver glitter

Repeat the activity from the start of the story, re-creating the effect of fluttering snow using the chilled flour, silver glitter and sieve.

Can the sensory explorer remember how to make the snow fall from the sieve by gently tapping the side?

'The cold wind gives our cheeks a rosy glow.'

Props

- Face paint
- Blusher
- Tinted lip-gloss
- Safety mirror

Model dabbing a little red face paint, blusher, or tinted lip-gloss onto your cheeks.

Would the sensory explorer like a little face paint, blusher, or tinted lip-gloss on their cheeks?

Present the mirror so the sensory explorer can see their reflection.

A Winter Walk - 'Hot Chocolate'

'At home, we make hot chocolate in my favourite mug...'

Props

- Flask
- Plastic mug or cup
- Hot chocolate powder
- Microwave
- Milk frother

Options for delivering this line of the story

1. Make the hot chocolate using milk/water and powder (option to use a switch to remotely operate a milk frother or microwave).
2. Have a flask with the hot chocolate pre-made for the sensory explorer to pour and choose their toppings.

Props

- Squirty cream
- Cream and a whisk

Can the sensory explorer press and direct the nozzle to top their drink with the squirty cream? Can the sensory explorer whip the cream using a whisk?

Health & Safety Guidance

Be allergy aware and offer dairy-free/vegan alternatives.

Present the toppings for sensory exploration. This is an opportunity for the person to explore and express their likes, dislikes, and sensory preferences and to try new foods.

Toppings:

- Cinnamon
- Mini marshmallows
- Nutmeg
- Sprinkles

Can the sensory explorer add their chosen toppings to their drink?

A Winter Walk

'Sit on a sofa, all warm and snug.'

Prop

Blanket

Sensory Experience/Activity

Would the sensory explorer like to have the blanket placed over their knees/shoulders or enjoy a gentle blanket hug?

Blanket Hugs

A blanket wrap hug provides a warm and comforting experience making a person feel cosy and secure.

1. Ask the person if they would like a blanket hug.
2. Choose a soft blanket: Offer a choice of two blankets in different materials e.g., one made of chenille, the other made of wool.
3. You have an option to lay the blanket out on the floor then wrap the blanket around the person, or to wrap the blanket around the person seated in a chair. When wrapping the blanket around the person, be gentle and take their lead.
4. Depending on the person's preference, you can offer to gently hug them or tuck the blanket in to provide the sensation of security.
5. Again, depending on the person, you can talk softly to them, enjoy silence, or listen to gentle music.

Tip

Explore scents with the sensory explorer. Offer to add a couple of drops of their favourite essential oil onto the blanket.

Tip

Place the blanket in the tumble dryer before the activity to make it smell nice and feel warm.

A Winter Walk - 'Building Snowmen'

*'Our winter walk was fun, we'll do it again
Maybe tomorrow we can build snowmen.'*

This is a fun opportunity to extend the story experience with a craft activity.

Craft Ideas for Making Snowmen

Paper Plate Snowmen

You will need

- Two paper plates (one large for the head, one small for the body) or use circles of white card/paper
- Cotton wool pleat or cotton wool balls
- PVA glue/glue stick
- Black and orange craft paper
- Scissors
- Cardboard tube (from toilet roll or kitchen roll)
- White paint/felt
- Googly eyes

Activity

1. Place the head (paper plate/card/paper circle) on top of the body and stick using the glue.
2. Using the PVA glue/glue stick, stick the cotton wool onto the head and body.
3. Using the scissors, cut out a hat, a 'carrot-shaped' nose, 'twig' arms and circle for 'buttons.' (Option to provide these ready cut)
4. Accessorise your snowman.

Tip

Instead of cotton wool, use dried rice, pasta, or shredded paper.

Cardboard Tube Snowmen

You will need

- White paint/felt or cotton wool
- Cardboard tube (from toilet roll or kitchen roll)
- Googly eyes
- PVA glue/glue stick
- Small pom poms (assorted colours)

Activity

1. Paint the cardboard tube (body of the snowman,) with white paint or stick on the white felt or cotton wool using PVA or a glue stick.
2. Glue the googly eyes.
3. Glue three small pom poms in a vertical line to create the buttons.

A Winter Walk - 'Building Snowmen'

Marshmallow Snowmen

You will need

- 3 x large marshmallows
- Icing sugar pen
- Chocolate buttons
- Liquorice for the scarf

Activity

1. Take a marshmallow (this will be the base) and using the icing pen, stick on a chocolate button.
2. Take a second marshmallow and using the icing pen stick on two more buttons.
3. Using the icing pen, stick on the liquorice/jelly sweet scarf.
3. Add the head (third marshmallow) and stick on two chocolate buttons for eyes and draw on a nose and a smile.



Story Recap Ideas

Story Recap Ideas

Layout the story props and present for sensory exploration using this as an opportunity for the sensory explorer to explore and express their likes, dislikes, and sensory preferences.

Take a note of these preferences as you may identify new foods or items that are motivators to help your sensory explorers with transitions throughout the day.

Remember, it is just as important to note if a sensory explorer has communicated a rejection i.e. they do not like an item as they are demonstrating self-awareness.

Exposure to different sensory stimuli helps sensory explorers to learn and understand the world around them.

Extend Learning

Can the sensory explorer use the props to retell the story?

Ask the sensory explorer if they can show you what happened at the start and end of the story as these are the parts we often remember the most. You can then build on this learning filling in the events in the middle of the story.

Support the sensory explorer by asking when, 'where,' 'why,' 'who,' 'what' and 'how' questions to help them recall the events of the adventure.



Photo Credit: Karen and Georgie

Re-creating Sounds in the Backing Track

Firstly, can you hear the piano and the flute in the track? Do you like the sound?

Making your Own Sounds/Copying Ours:

'Frosty': koshi chime.

- Can you find a cold, metallic sound?
- Explore metallic sounds like bells, chimes, triangle, tins, cutlery.

'Twinkles of light': chimes.

- Can you find a magical, twinkly sound?

'Park': dogs barking, 'oo' vocal sounds and swishing 'tails' on the drum.

- What sounds might you hear in the park?
- Listen out for people talking, laughing, vocalising.
- Find pre-recorded sounds of dogs barking and record onto a switch.
- Can you make a swish sound (on a drum or surface) to sound like the dogs and their 'wagging tails'?

'Dive': piano, flute, jingle bells and icy splash.

- Can you find a sound that goes down like a big jump/dive?
- Play sounds that start high and go low (glockenspiel, slidey whistle).
- Offer sounds to listen to - high above heads, then move them down to feet and watch for tracking.

'Robin': bird song - Listen to pre-recorded bird song, bird toys that sing when pressed.

- Explore whistles, or whistle close to someone and let them feel your breath on their cheek.
- Record onto a switch.

'Snow': piano, glockenspiel and finger rubs.

- Sounds that descend like the falling snow (glockenspiel, slidey whistle)
- Rub fingers together to get a soft, fluttering sound.

'Wind': blowing down the boomwhacker.

- Can you make or offer whistling wind sounds?
- Use a kitchen roll tube or boomwhacker to blow down gently onto hands, faces and look for reactions.

'Hot chocolate': vocal hums and pouring sound.

- Can you find a favourite cosy sound?
- Explore vocalisations – soft ah's, ee's, oo's hums etc.
- Pour liquid into a bowl/cup.

Rhyming Multisensory Stories: Sensory Stories, Resources & Teaching Packs

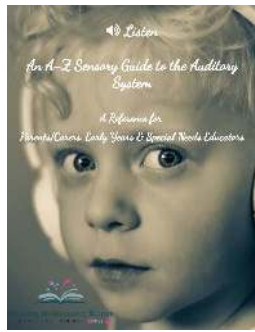
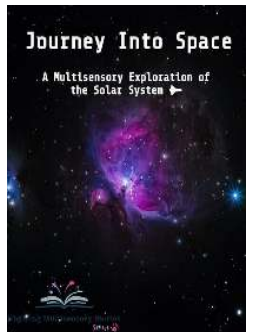
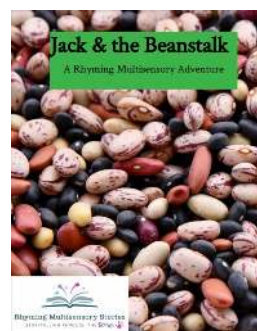
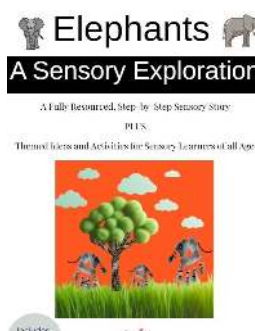
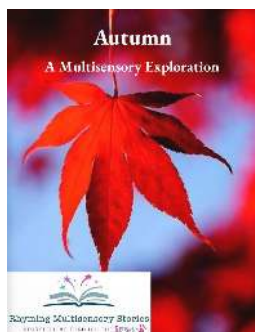
Resources

Fully Resourced, Step-by-Step Multisensory Stories and Teaching Packs
for Sensory Learners of all Ages

Visit the Shop £3.98 each

Buy Direct £3.50

Annual Subscription £95 per year



Rhyming Multisensory Stories: Sensory Stories, Resources & Teaching Packs

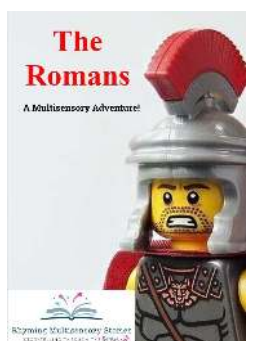
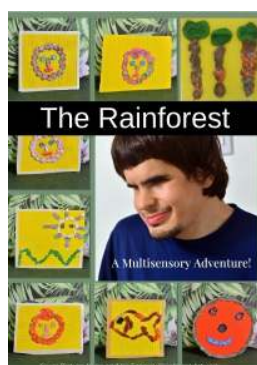
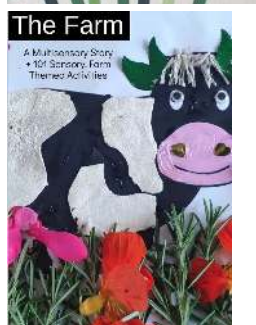
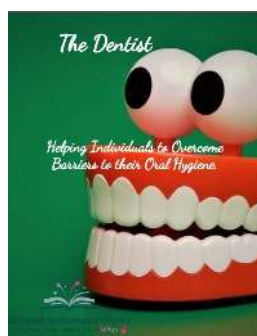
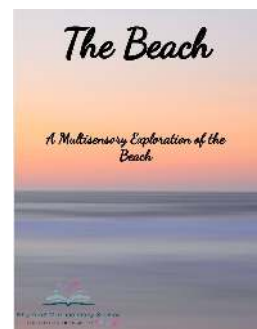
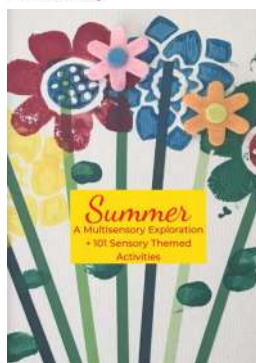
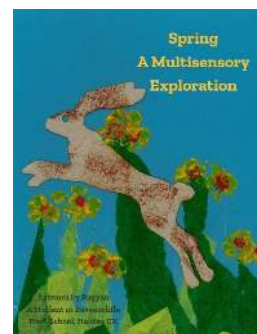
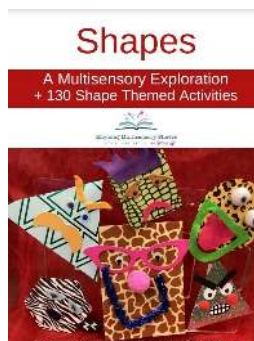
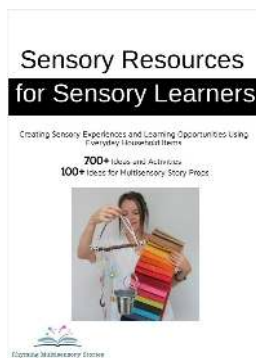
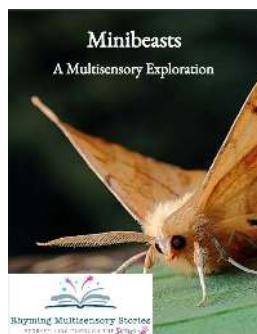
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The Story Massage Programme: Blog Posts



Building a Story Massage Team with Online Training



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Exploring Difficult Emotions with Story Massage



Introducing the Story Massage Programme to Families at School



Sensory Drama Sessions for Young Adults



Consenting to Touch

Further Resources: The Story Massage Programme

FREE Video Resources

Follow-along [YouTube](#) videos of Story Massages for use in collaboration with sensory props and music.



"I love (how the strokes) flow like a language"



[Free Session!](#) Week 45: 'You Can't Hurry Love' by The Supremes.

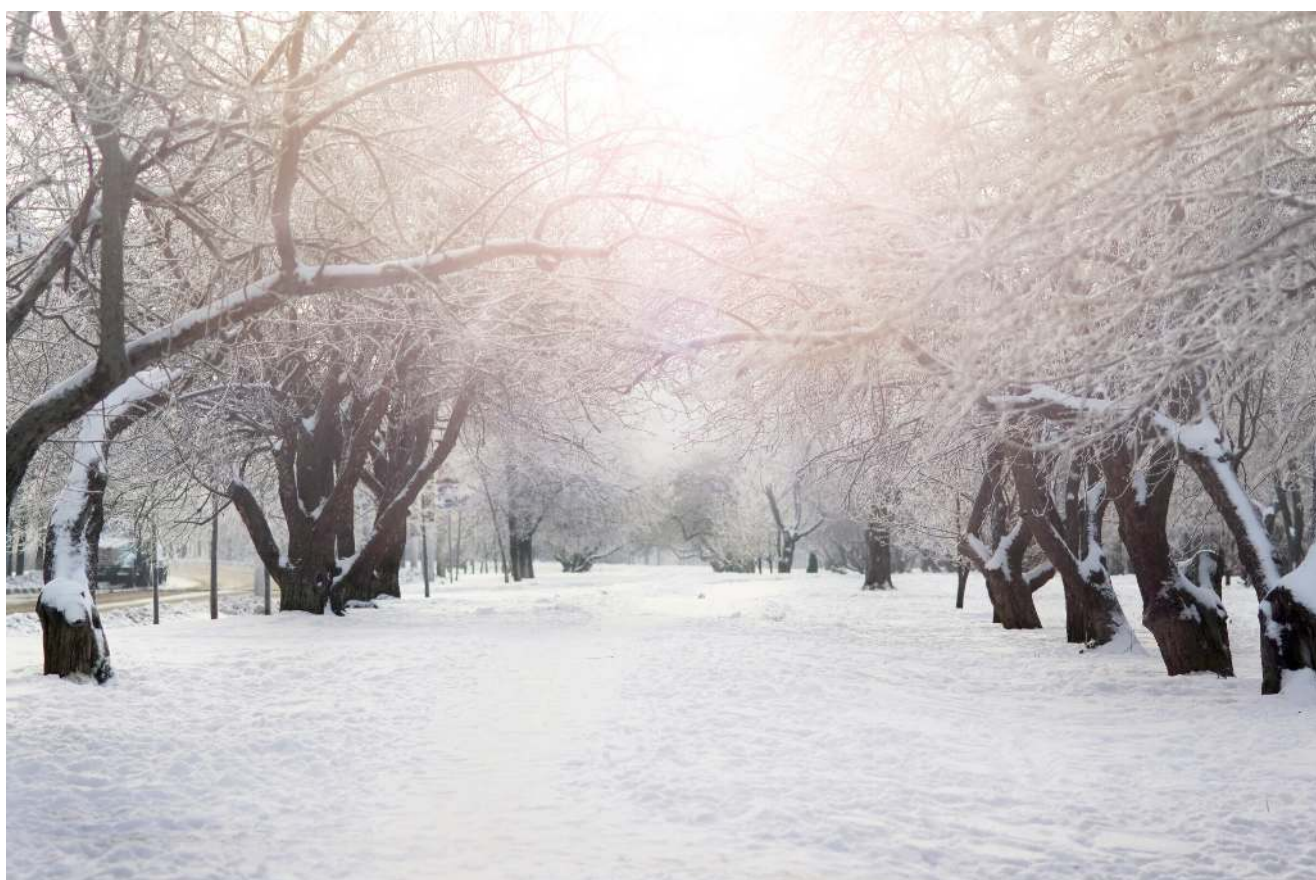
[Sound Journey Playlist](#) (updated weekly)

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[What does a Music & Wellbeing session look like?](#)

A Winter Walk

Join our character as s/he explores the sights, sounds, smells, tastes and textures of their winter walk



The props and activity ideas in this multisensory adaptation were written by Victoria Navin, founder of www.rhymingmultisensorystories.com as part of a collaboration with [The Story Massage Programme](#) and [Songs, Signs and Sounds](#).