



St. Michael's House

'We're All in This Together'

(Sensory Music Box)

Curriculum Areas: Language; Music; SPHE, PE

Through this activity your child can:

- **express their likes and dislikes; ask for 'more' if they like something**
 - **develop body awareness**
 - **explore different sensory materials**
 - **develop anticipation**
 - **develop a sense of rhythm in a multisensory way**
- **spend some quality time with you; their siblings; or just listen to the music themselves!**

We have suggested materials you may have around the house or can easily substitute but we have included some actions you can do instead.

NB If you have Spotify and search for 'We're all in this together (sensory music box)' you should find the playlist 😊

Activity and Ideas for Materials/ Actions

- **Track 1: 'Gonna Fly Now' (Rocky theme tune)**
Materials/ actions: Gentle squeezing down arms and legs in time to music; gentle stretching; moving arms and legs; 'boxing' arms forwards and back; following the pupils lead...
- **Track 2: 'We're all in this Together' (High School Musical)**

Materials/ actions: Marching around the room or helping pupils to move their feet; sweeping **streamers or pom poms** across body in time to music; waving during chorus

- **Track 3:** 'Your Love Keeps Lifting me Higher' (Jackie Wilson)

Materials/ actions: Light patting with hands or **spatulas/ wooden spoons/** other along arms and legs in time to the music

- **Track 4:** 'On Top of the World' (Imagine Dragons)

Materials/ actions: Bounce **balloon** with pupil back and forth; encourage visual tracking of balloons bouncing; use **sheet** or **parachute** to bounce balloons into the air; float **material** overhead; scrunch **light scarves** into balls and throw up in the air and watch them float down.

- **Track 5:** 'Three Little Birds' (Bob Marley)

Materials/ actions: Blow **bubbles**; track bubbles; pop bubbles & feel popping on skin

- **Track 6:** 'This Little Light of Mine' (Elizabeth Mitchell)

Materials/ actions: Darken room and explore **lights/ torches** e.g shine on **reflective materials** such as christmas wrapping paper, tin foil etc.

- **Track 7:** ' Better Together' (Jack Johnson)

Materials/ actions: Relaxing together; holding hands; wrapping in **blankets**; massaging hands with **hand cream**