

Written and performed by Dani Bradstreet for the National Maritime Museum.

A sensory story about trade

Hello, everyone, it's great that you could join me. My name is Dani, the storyteller, and I'm here for the National Maritime Museum. And I'd love you to come on a sensory journey with me.

The inspiration for this journey is the trade routes that ran between Europe and the East Indies in the 1600s. And we're going to go on a boat, and we're going to do lots of sensory exploring all about that.

Now, there are a few things that it will be wonderful if you've got there with you to help this sensory experience. One of those is some water, in a glass, a bowl, a cup. The other is something soft, something kind of wool-ish. I've got cotton wool, could be wool itself. But something that's kind of soft like wool. Some tin foil, a piece like that is plenty big enough. A mirror, I've got a Froggy mirror, any mirror. And don't worry if your mirror is on the wall, because you can also travel to that place to do this part of it. So it doesn't have to be a handheld. And also something like a magazine or book something to create a windy sensation. And also some kind of spices, whatever you've got in the cupboard. Now I've put mine so it looks nice and you can see, on a plate, but you'd probably want to keep yours in their tubs, in their pots, otherwise achoo! Might go everywhere. But I've just put those there to show you. I've also got bear. This is my bear, the reason for bear is, that I don't have a person with me. So I can demonstrate what I'd like you to do and how you can explore, and then you can see.

How this video works too is that I'll each time show you how, demonstrate to you, the activities to do. And the idea with the person you're with, and then come back to the video. Do that any way you like explore for longer, shorter, whatever you get into and whichever ones you enjoy. So let's get started. Now today's is all about working together with the person you're with. So let's start that off with just a bit of touching.

Now, you might decide that who you're with, would like to do this with a toy like I've got or you might do it together. And we're going to put different parts of our bodies together. So first one hand to hand so you can put your hands together, or they're more comfortable to have a toy that they can do with that. Hand to hand, let me see your hand to hand. Brilliant.

Foot to foot, oh, I've got a lift my leg up here. Foot to foot, lovely. Head to head. Cheek to cheek. And elbow. Have you got an elbow, bear? Elbow to elbow.

Brilliant.

Let's go. We're going to spin our hands. And we're going to imagine leaving where we are and going back in time to the 1600s on board a boat setting sail for the East Indies. We're going to spin our hands. And when we spin, we're going to be imagining. So let's get our hands, we're going to spin forwards and we're going to spin backwards. Oh however you spin find a way to spin some part of your body spin up high and down low and fast, and slow.

And then we're going to close our eyes. We gently cover other ones eyes and count to three. Ready One, two, three.

[Ocean waves sound]

Here we are on board a boat. Woah! Tossing from one side to the other. Blue, blue sea as far as the eye can see. And there's lots of movement and lots of weather to explore on this boat.

First thing, we're going to explore this way and that way, lots of different ways to explore.

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You could have people on your laps, or side to side moving one way and the other, one way and the other.

You could travel around the space you're in going one way, and then the other, one way and then the other. So explore going one way, and then the other. I'll give you a little bit of music to get you started.

[Music plays]

Brilliant. And when you come back to me, hello, hello, I hope you enjoyed going one way and the other. Now the wind on board this boat, setting the sails going in all directions. Again, we're going to explore wind.

So, can you get your magazine or book and you're going to be exploring, you can use the sound woosh, the feeling, woosh, of the wind. So have fun exploring with the wind.

The other weather is of course splashes, sometimes from the rain, sometimes the sea spray coming over. And that's what you need your water for. So explore on noses, a bit of splashes too. On different body parts. It's quite good to also blow on those, so the feeling of cold as well. You can splash each other, splash on toes, so have a bit of fun splashing on board that boat. Brilliant.

Movement too, of going up and down. On board the boat there would be rigging to climb.

[Whistle plays]

Up and [whistle plays] down.

And of course the waves bringing the whole boat up [whistle plays] and [whistle plays] down.

So I want you to explore some up and down. It might be lifting arms up, it might be lifting, standing, whole body's up, you might explore one going up and the other going down, and swap around. So some up and down exploring on our boat.

Fantastic. When the weather's a bit calmer, the sea is flat. And sometimes sailors would look overboard and look at themselves. So I'd love you to do some fun with reflections with your mirror, and you might need to go away to do this, looking with your participant who's with you, pulling faces, copying each other, seeing if you can hide behind each other. So really exploring particularly, adults copying younger children there, and just looking and copying and having fun making reflections.

So enjoy, Copying, mimicking, hiding and silly faces too are always fun. Okay, so have fun looking at reflections on our sea journey.

Doing very well bear. Now, when they arrived, the boat arrived in the East Indies colours and everything was different. The sounds and the smells. And our next bit is all about the smells, the trading of all those wonderful, wonderful spices.

[Music plays]

Spices, pepper. Pepper was the top banana, it was the one they all wanted. Just the smell of this. Ginger, turmeric, cardamom, all kinds of beautiful spices, you can see all the lovely colours. So really whatever you've got at home, usually in those jars, so it'd be great to do some smelling of all the different ones, the sweet ones, the spicy ones, but there are lots of other things you can explore with these spices too. I'm just going to tell you a couple, but then we'll have links as well

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at the end. Playdough. We'll have a recipe at the end and putting in those spices and a bit of food colouring too. So they look good, and they smell fantastic as well. So there's that.

The other thing is painting. Painting with spices is brilliant, because you get the lovely colours. This one is turmeric, and paprika, I think yes, turmeric and paprika. And they smell great too. So they look great, and they smell great. Just mix them with a bit of water. And the other thing I did is glue, a glue stick, and then sprinkling on those herbs and the spices. Again, smells amazing, smelly painting. Brilliant. So lots of ways there for you to explore the colours, and the smells of those wonderful spices.

Now the Europeans tried to give the East Indians wool. They said I'll have the spices, please. And you can have wool. And it's nice and soft. So just now with your wool, whether it's a woolly jumper or some cotton, just a little bit of tickling, exploring soft on faces, and bodies, just how soft that is. So have some exploring with your soft, soft wool.

Also, they wanted, they didn't want the wool. They wanted money, cold, hard silver. So when the Europeans wanted the spices, the East Indians wanted silver. And now time for a bit of an explore with your silver, your tin foil, all kinds of things to do. Go back to that reflection. It's not as clear as our mirror but have a look in the reflection. Ripping, scrunching, crunching, hiding, poking holes in, all kinds of exploring with the tin foil, silver. Lots of things to do with that.

So have some fun.

The trade industry was so important for the spices that we love today we just take for granted, the pepper and paprika oil. There's wonderful hot dishes that we make. And they never would have happened if those boats hadn't sailed in the 1600s and traded with each other.

I hope with all the smells and the colours that we've seen today, it's given you lots of ideas of how to have a sensory adventure with people that you're with at home. So I hope you've enjoyed it.

We're going to spin back all the way back to the beginning. So spin forwards, backwards. High, low, fast, slow. Close your eyes and count to 3.

1, 2, 3.

We're back, back at home, back where we started. I hope you've enjoyed it. Give yourselves a big cheer. Hooray. And I hope to take you on another sensory journey soon. Bye bye for now.