

# Flight Do It Sheets

Spring Term 2016

1. Amy
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4. The Last Kingdom
5. Blue
6. Tundra
7. Flight of Stairs
8. Stork

# InnerSense

## "Flight"

*Why not use these ideas to:*

- *Write a diary*
- *Inspire your own art session*
- *Talk about what you*

## Amy Johnson...



### Engine

Meet Amy who is tinkering with her engine. Help her fix it, playing the metallic sounds, water bottles and silver space blankets. Start the engine, hear the sounds and turn the propeller...

### Exercises

Prepare for a long flight, do your exercises together, standing or in chairs, dancing to the rhythms. Time for a tea break!

### Flight

Help Amy into the plane, start the engine and lift off - fly over land and sea, then up into the clouds....the journey has begun...

**To Do:** Make your own paper aeroplane, or a biplane with a peg and lollysticks. Put a windmill in your garden and see the wind turn it round. Or visit Mill Pond in Bracknell and swing through the air, or try out the exercise equipment (see website)



Website of the week: <http://www.bracknellnet.co.uk/portfolio-view/mill-park-and-mill-pond-bracknell-2014/>

Also visit our own site [www.innersense.org.uk](http://www.innersense.org.uk) for more inspiration

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## Airship...



## Take off

Climb aboard the airship, time to go.....heave on the rope and see the wings move up and down - build a rhythm with drums and oars....you're on your way...

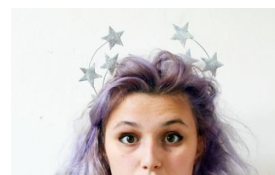
## Flight

Watch as you fly over land and sea, up into the clouds, feel the wind on your faces as you fly higher and higher towards the sun and the stars

## Stars

Climb out of the airship and float among the stars, see the bright colours, dance and play with the star people....then drift away....

**To Do:** Turn your bed into an airship with ropes and a white cloth for a sail (moved by a fan). Create your own star picture, or make a starry headdress using a simple hairband as the base. See men walking in space at website below:



Website of the week: [https://www.youtube.com/watch?v=D\\_6L9kj2hac](https://www.youtube.com/watch?v=D_6L9kj2hac)  
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## Mindscape...



## White

A soft white landscape awaits you, explore with your friends, feel it with your feet, sit, crawl, roll, wrap yourselves up, enjoy the freedom of being on the floor

## Globes and balls

In craters you find strange, clear bowls filled with white balls, and shimmering glitter threads. Play with them, spinning in bowls, dropping on mirrors, throwing through hoops, catching in nets, rolling down tubes...

## Strange song

Play the haunting sounds of vibratones - eerie and resonant. Use the microphone to sing along, or make your own sounds - hear your voices echo round the space

**To Do:** Poundland are selling smaller versions of our 'globes' - fill them with LED lights, water gels or coloured sand. Use ping pong balls for a variety of crafty activities. Go to website below to find a cheap, white pop up tent you could easily turn into a small, safe sensory space.



Website of the week: <http://www.amazon.co.uk/Pop-Up-Tents/b?ie=UTF8&node=3076651031>  
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## Last Kingdom...



### Marshlands

The Danes are coming! Hide yourselves in the marshes, hear the grasses rustle and shake in the wind, gather the reeds in boat and baskets and return to the village.

### Shelter

Use the grasses you have collected to make a fence and shelter, singing as you work and playing the sounds of grasses on tambours and drums

### Clay

Sitting around the clay pit you pound and squash and feel the clay, making amulets, pots, coils and plates, then place in the fire to bake hard and chill round the fire with bread and cheese, as the sun goes down

**To Do:** "Newclay" is clay that dries in the air so you don't need a kiln, but can have the same experience as using standard clay and make objects that will last



Website of the week: <http://artforkidshub.com/how-to-make-a-pinch-pot/>

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## Blue...



## Small cones

Meet the blue character with a cone-shaped hat. He has cones of all sizes to fill with blue gravel, blue sand, ice-cubes, feel the textures, hear the sound of pouring. He gives blue and white face-paint to decorate yourselves and the cones

## Giant cones

Find the giant cones and watch as a swinging light shifts the landscape and the shadows back and forth

## Theramini



Take it in turns to play strange music while you watch the shadows move. Then explore the space and pull out blue voiles from the cones, creating a blue world

**To Do:** Cut out cone shapes and make hats to decorate or sweetie cones to enjoy. Buy some wafer cones from the supermarket, top with coloured ice-cream and decorate with sprinkles etc



Website of the week: <https://www.youtube.com/watch?v=PjnaciNT-wQ>

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## Tundra...



## Chimes

Enter cold space. Play the icicle chimes and create an icy soundscape, hear the deep notes resonate, make the high notes sing

## Tundra storm

Make your way through a blizzard - white voiles billowing around the space, feel the air from a giant fan, see it blow white balloons all around you. Cover yourselves in furs to keep warm and safe.

## The 'Egg of Mantumbi'

The storm dies away and the giant sapphire appears....frozen in a giant iceberg. Melt it with song and sounds. See the sapphire glowing blue - what's inside?

**To Do:** Make your own snowglobe (see website below) or freeze water in an empty milk carton, pour on kosher salt, add drops of food colouring and create your own ice sculpture! Or how about ice gems - freeze coloured water in balloons, then remove.



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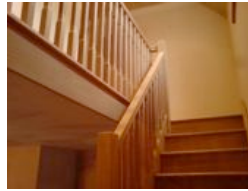
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## Up the Stairs...



### Staircase

Climb the 'stairs', go up and down, play the banisters and wood sounds with sticks and beaters

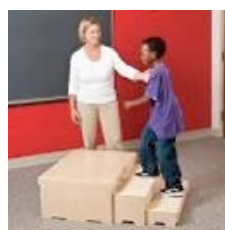
### Puppet Man

meet the puppet man who gives you the key to the attic - go and explore...

### In the Attic

Faces are hanging all around. Play with the masks, which all have different expressions, see yourselves in the mirror. Meet the sad man - play with tissues and white muslins. Meet the happy man and play with bouncing balls....then leave the attic and lock the door behind you...

**To Do:** Practice climbing up and down stairs, good for balance and keeping fit! Decorate your own masks - cheap in Poundland. For some people facial expressions are hard to read. Make your own set of 'faces' cards (help at website below) and play a variety of games with them.



Website of the week: <http://www.fullspectrumlearning.ca/social-skills1.html>

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### Stork...



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### In the Bedroom

Creep quietly in, mum's asleep. Share her dream (projection) then say hello, meet the family dog - he's friendly and very excited.

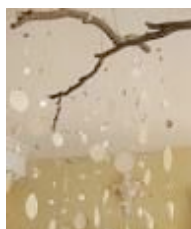
### Ready for baby

Explore baskets of baby things, muslins, cotton wool, toys - explore the textures and sounds, sort them into groups, put them on shelves...

### Stork

The stork arrives with baby....then several more! They are crying, so look after them, cuddle and play with them, rock them with lullabies 'til they fall asleep. Time to rest, massage hands and feet with baby lotions and creams.

**To Do:** Make some simple baby toys, a soft and colourful snake with old odd socks, a rattle made from brightly coloured bottle tops on a string. Or a natural mobile, with branches, seeds, feathers, flowers, shells etc. Add music from the website below...



**Website of the week:**

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