

## Seasons

Seasons can be closely linked with weather (see Weather Activities), but may also be linked to specific events, along with geographical locations. The examples below give ideas on ways of approaching different seasons.

**Spring** is a time of new growth and rebirth, so along with wind and rain you could explore these ideas;

Nesting Time - set the scene with bare trees growing buds around the space, spring flowers to see, touch and smell, and birds making their nests and getting to know each other. Activities:

- Build the nest, gather twigs and sticks and play rhythms with wood instruments.
- Reinforce the central theme with the use of feathers, feather boas, feather masks, feather dusters.
- Build the soundscape with bird calls, vocals, whistles, flutes and ocarinas.
- Use egg shakers to add gentle rhythm and bird seed to explore textures and sounds.
- Introduce a bird puppet with whom to interact.

May Day - use spring flowers and petals, a maypole and a throne:

- Cherry tree branches around space will give colour and texture
- Baskets of pink and white petals will mean everyone can access the blossom
- Use mobile mirrors and face-paints to decorate participants
- A maypole with ribbons running down to a hoop allows the maypole to retain its shape
- Adorn a throne for celebrating the newly crowned May king/queen

**Summer** when hopefully the weather is warm enough to enjoy a variety of activities, such as;

Fun at the Fair - a chance to meet farm animals, enjoy a variety of stalls that might include; best cake stall, home remedies, hoopla. Also gives opportunities for music and dancing.

Bees and butterflies - creating their habitats, sounds, movements.

Holidays abroad enable participants to explore other cultures; their food, native costume, jobs, music, dance, such as:

- Orange picking in Spain
- Trekking in Tibet
- Wine-making in France

Chesil Beach - create a stony beach and explore the feel of gravel and stones:

- Don flip-flops/crocs to walk over the stones, hear the sounds of gravel crunching or wheelchairs across it to create sounds
- Play with the sounds of gravel, rolling big stones over it, dropping, sliding down soundboards. - make patterns with stones on boards or trays. Build towers of large, flat stones
- Rainsticks and ocean drums can reinforce the sound of the sea washing over a stony beach
- Spread blankets on ground and enjoy a picnic

Alternatively, explore a sandy beach, with sand, buckets and spades, sieves, shells, sea creatures and the sound of waves. Don't forget the sun cream!

Olympiad - opportunities for fun and games with balls and hoops and other outdoor activities, such as:

- Provide a wide variety of balls to give maximum tactile experiences - small, soft, coloured balls, large squashy, sit-on bouncy balls
- Give opportunities for individual exploration and play, encourage partner games with carpet tubes for rolling, bats, and containers for catching

- String badminton nets across space, perhaps include low basketball nets too
- Racing is good fun, use a projection to inspire participants
- Swimming, use blue cloths to represent water and encourage 'swimming' through them
- Prize-giving ceremonies are fun. Everyone's a winner!

**Autumn** is a lovely time of year, colours are red/orange/gold and smells are early morning mists, roasting chestnuts and bonfires. Link these with the sounds of crunching leaves and the gathering of the harvest, as well as the many festivals that occur at this time of year i.e. Bonfire Night and this will give many ideas for creative activities in autumn.

Autumn Watch – gather large quantities of fallen autumn leaves, they are free and provide a wonderful multisensory resource to explore.

- They smell the leaves, hear the unique sound when walked or wheeled through, flutter like petals when thrown around, can be used for burying/hiding objects/people.
- Conkers and chestnuts, not only fun to gather, but feel smooth and shiny, can be dropped on wooden instruments, rolled in containers to create sounds and are great for creating patterns on the floor.
- Woodland animals are also gathering at this time of year. It is fun to use puppets to enhance the theme.

Harvest - gives opportunities for gathering; wheat from the fields, swathes of lavender, cider apples.

Bonfire night - good excuse for gathering wood, playing rhythms, exploring ways of creating fire, glowing coals, sparks, enjoying a celebration, keeping warm together.

**Winter** - associated with cold weather, ice, snow, cold wind. When searching for winter ideas other than just weather, you could perhaps look at;

Countries where wintry conditions prevail - how people dress to keep warm, where they live, what they eat, how they travel, how they spend their leisure time, which animals might you find there.

Explore the story of a character who lives where it's always winter! Whether they be real or imaginary, this should provide a wealth of ideas on how to create the multisensory environment and what activities might take place there.

## Links

Balls (Prop)  
Stones (Prop)  
Fire (Prop)

Weather (Activity)  
Gardening (Activity)

Workshops: May Queen, Seaside, Autumn Watch, Pingu, Snow Dome

## Videos

Chimes  
Group Fans  
Rustling space blankets  
Under the space blankets  
Pingu