

Under the Sea – Relaxation Story Script

Story	Sensory Input
You and your best friend, Timmy Turtle sit side by side in the sunshine by the river. Can you feel the warmth of the sunshine spread through your body?	Music softly playing in background Place warm heat pads on each child
Can you hear the rhythmic sound of the water gently lapping against the riverbank?	Listen to ocean drum
You decide to go for a swim in the river. As you and Timmy sink into the water your body starts to feel heavier and heavier under the weight of the water	Place blankets over each child Dim lights
As you look above you, you can see the water rippling and the lights twinkling through the hazy water	Underwater images on projector
Timmy takes your hand and leads you down deep to explore the river bed. You reach out to feel the sand and rocks on the river bed	Feel sand and pebbles
Timmy swims on, waving at you to join him. As you swim to join him you push through the dense reeds. You can feel them squeezing you firmly as you try to push your way through.	Firm massage on arms and hands
As you come out the other side of the reeds. You join Timmy and see the most beautiful waterfall ahead of you both.	Listen to rainmaker
The spray from the waterfall causes bubbles to drift up into the air. You and Timmy giggle as the bubbles gentle swirl around your head.	Bubbles
You and Timmy let the current carry you back up the river to the river bank. You look up and see all the fish and reeds pass you by	Lift up parachute above children with sensory objects attached (crepe paper to represent reeds and fish etc)
The birds in the trees are singing and the sky is blue	Listen to bird song on Big Mack (for those that can, encourage child to press where appropriate)
To warm up after the long swim, You decide to pour yourself a relaxing Chamomile Tea and closes you eyes.	Smell the tea
As you drift off to sleep, breathing in the cool fresh air around you, you remember your underwater adventure.	Place heated pad on torso/lap Read guided visualisation story (A Boy and a Turtle Story / see attached) try to correspond changing the colour of the lights to correspond with story