

Page	Text	Which sense to activate and what to use	Action
21	Back for sailing	Find tree bark or tiny twigs outside. You could even try using pencil sharpening!	Drop the pieces into the water and see if they float! Swirl them around with the cones and the pillows too. Once this is the rest of the water gone, you could spend some time removing water of the pieces from the water and examining them to see how they've changed!
25	Purple smelling flowers	Fresh or dried lavender is perfect for this. You could also use a nice smelly bar of soap, a fresh flower, or something equally fragrant to focus on your child's sense of SMELL!	Place them ... place it under your child's nose for a small sensation!
25	Cotton candy blossom	Back to the sense of TOUCH, use cotton wool balls or a nice soft pair of socks to create this.	Let your child feel the cotton balls in their hand. Take one ball and tuckle their cheeks with it!
25	And inwardly embrace	Have TOUCH here and in a big way! No sensory equipment needed!	Take your hand and see it to the top top of child's head, then gently bring hand down over child's feet, wriggling fingers wiggly over skin. Press hand across shoulder, down one arm then back up other arm, down fully, down leg, to feet, then do the same on the child's other side but in reverse (feet, leg, body, arms, shoulder, head). Finish with a big hug.
27	This is a place where we can go When the world gets too fast And we need it to slow	As the story comes into the final phase, the very first action is repeated, for another sense of TOUCH!	Quickly flutter your fingertips up and down your child's arms, then slow it down by stroking your hands gently and slowly up and down their arms instead.