



DO IT YOURSELF

# A SAD DAY

multi-sensory story



# A Sad Day

by Nina Martinez

- Cork tile**      **James ran into the kitchen and then STOPPED...**  
*Help them to pat lightly on the cork tile four times and then do one heavy pat for 'STOPPED'*
- Action**      **"Why is everyone crying? What's wrong?"**  
*Storyteller squeezes listener's shoulder and repeats "What's wrong?"*
- Handkerchief**      **"Oh James," they sobbed, "we've just heard that Gordon has died."**  
*They hold the extra-large handkerchief and twist it*
- Action**      **"Gordon.....DIED?"** whispered James in bewilderment, rubbing his head.  
*Help them to rub the top of their head*
- Pendant**      **"I know, none of us can quite believe it yet,"** said Georgine, absent-mindedly pulling at her necklace.  
*They hold the pendant and run it from side to side along the chain twice*
- "But.....but what do we do now?"** said James  
**"Come here,"** sniffed Georgina sadly, **"let's have a big friend-hug\*."**
- Tea and spoon**      **"And now...I'm going o make us all a nice mug of tea" she said.**  
*Everyone stirs inside the mug with a spoon three times as the storyteller repeats "a nice mug of tea"*
- Photograph**      **"We will all sometimes feel very sad, that's called grieving and it's what everyone feels when they have lost someone that they love. But then, we'll remember the happy times with Gordon."**  
*They feel the shiny photos*
- \*Music**      **A few weeks later, James and Georgine went to a special building for Gordon's funeral and his favourite tune\* was played.**  
*Optional: play a song or some music*
- \*Smell**      **Afterwards they went out to the memorial garden.**  
**"Will we ever see him again?"** asked James, **bending down to smell the flowers\*.**  
*Optional: include smell of choice*

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“No,” said Georgina, “but when we see photos and go into a garden like this, we will think of him.”

**Action**            “Gordon,” whispered James, “we’ll never forget you; you’ll always be in our hearts.”  
*Help them to take their hand – flat if possible – to their heart.*

## Items needed for this story:

Cork Tile

Handkerchief

Pendant/Necklace

Mug and Spoon

Photographs

## \*Optional items for this story:

Music or a song

Smell/scent

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