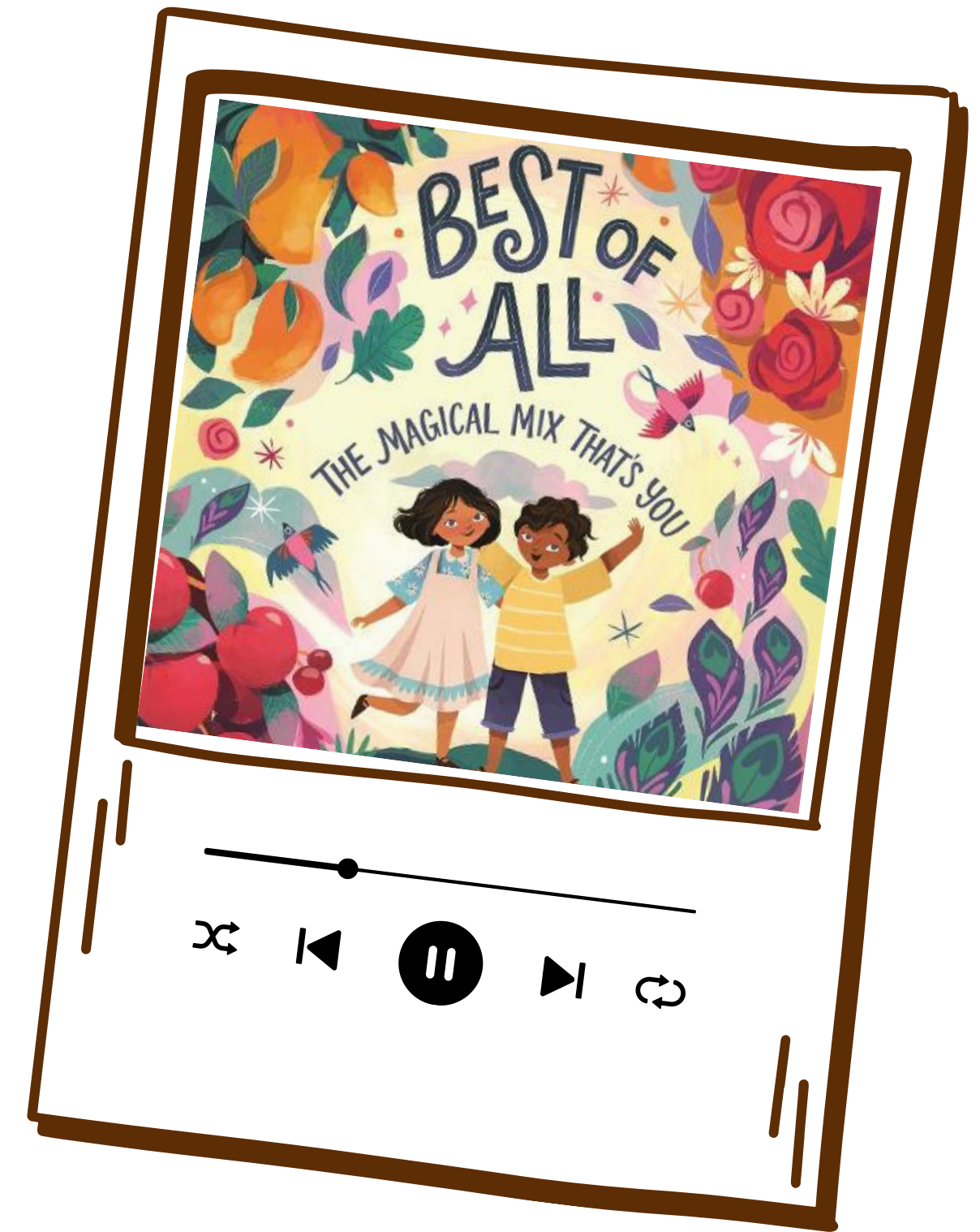


Sensory Story

Best of All by Smriti Halls

Inspired by the author's own experience of raising her children to celebrate their British and Indian heritage, *Best of All* is a gorgeous and heartwarming book exploring what makes us who we are.

Smriti's lyrical verse is paired with vibrant artwork from up-and-coming artist Chaaya Prabhat. Brimming with love and joy, the lush language and stunning illustrations make repeat reading a pleasure.



Using the guide

A few gentle reminders before you get going:

- Use as much or as little as you like
- Choose what suits your child
- There's no right or wrong way to go
- Always follow the child's preferences
- Skip smells/textures if not appropriate
- Adult support is recommended for groups

Notes on this audiobook

- There are suggestions for a bedtime story and additional suggestions for a slightly more lively version using more props, which may be more suitable for sharing the story in a classroom - feel free to pick what best suits your child.
- It's best to choose one of our prop suggestions from each section. Choose the one that you think your child will enjoy most, or include your own sensory ideas.
- If you're sharing this story with a classroom you may want to have multiple copies of the props and other adults to help you.
- During the audiobook there'll be times when you're sharing props with your child and times when you're just listening to the story together.
- It's fine to just include one or two props, for example, a little bit of confetti at the beginning and at the end.

Part one

From: “You are your mother’s bright eyes” to “Their courage, their grit..” *Track 3, 00:42 – 01:05*

As you listen to this part of the book, point to your child’s eyes, place your hand over their heart and then put your hands gently on their head. Alternatively (especially if you are listening to this audiobook outside of a family context) try carrying out these actions on your own body and encouraging the child to join in.



Part two

“You’re the gleam...” to “...coconut milk.” *01:05 – 01:17*

Let your child smell, feel and taste a mango or some lychees. Shake out a silk scarf.



Part three

“You’re the crunch...” to “...on the beach.” *01:17 – 01:29*

Let your child smell, feel and taste an apple and/or peach. Use an ocean drum for the sound of the sea.



Part four

"You are cherries..." to "...snowflakes and ice."

01:29 - 01:43

Let your child smell, feel and taste cherries.

Let your child smell some spices (being careful that they don't get anything in their eyes). Use an ice pack for the ice.



Part five

From "...You are jasmine" to "...trunk of an oak."

01:43 - 01:54

Let your child smell some jasmine tea and/or some Lapsang souchong (for the bonfire smoke).

Rub a little rose-scented lotion into your child's hands.



Part six

From "In you the past shine..." to "...beauty of you."

01:54 - 02:14

Use some gold and/or silver scarves.

Let your child admire their own beauty in a mirror.

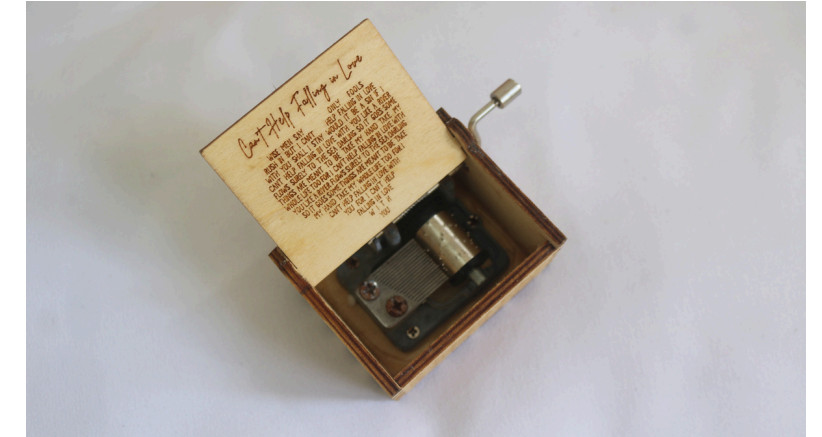


Part seven

From “You are songs...” to “...a brand new story unfurls.”

02:14– 02:37

Use a music box or some gentle bells.



Part eight

From “You’re not quarter...” to “...You’re dazzlingly whole.”

02:37 – 03:00

Put your hands on your child’s shoulders and pat gently but firmly a few times when the narrator says: ‘You’re entirely yourself...’. Alternatively, for children who do not enjoy touch, point to your child and slowly draw a large circle in the air as the narrator begins the sentence: ‘Formed to perfection...’.



Part nine

From “You’re all of these things...” to “...the best of all.” 03:00 – 03:24

If you are listening to the audiobook in the darkness, you could finish by shining a torch onto the walls and the ceiling. In the daytime, you could use colourful confetti to celebrate the ending of the story. Or simply tuck your child in and give them a hug to finish with.





**Thanks for
listening!**

**We hope you had fun. Special thanks to My Kind
of Book for compiling the sensory ideas.**