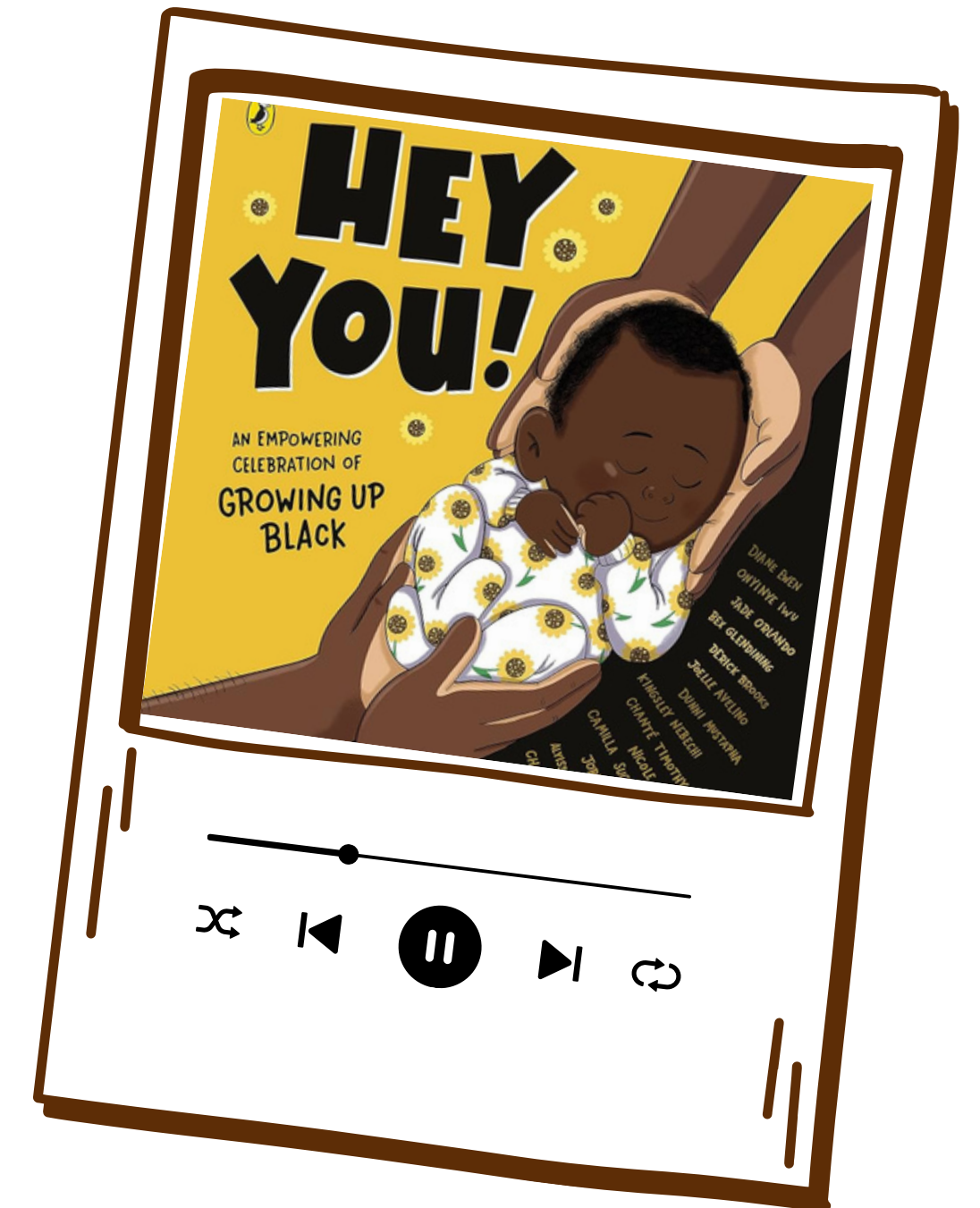


Sensory Story

Hey You! By Dapo Adeola

A baby is born to loving parents, and grows up – going to school, making friends. Yet it's hard for her to find books to read containing girls who look like her. Sometimes, as she grows up, she encounters racism, and life can be very hard. Yet she is reminded that she stands on the shoulders of the great black community that has come before her – and that she has the power to be anything and anyone she wants to be.

In Hey You!, Dapo has created a touching, empowering text that highlights the power of creativity, black heritage, community and family.



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
- Not all of these prop suggestions are toys – they should only be used under adult supervision.

Notes on this guide

We've written this resource with families at home in mind. If you're in a classroom or care setting, you'll want to use less touch than we have outlined. Try substituting the following props:

Section 2: Instead of a hand, foot or back rub, let a little confetti fall on the children in your group. You might also let the children look at themselves in a mirror.

Section 4: Try flying paper aeroplanes, indoor frisbees or other gentle flying toys to represent freedom/flight.

Section 5: If you are listening in a group, you might use a large piece of lycra or other fabric to bounce. You could put a teddy bear 'hero' on the fabric and bounce it up and down. You could add colourful scarves to represent the 'dreams' and bounce these. (To make a teddy hero, just add a small piece of fabric tied around the shoulders of a soft teddy.) Alternatively – if this all becomes a bit noisy – you might want to all dress up in superhero capes for this section.

Part one: From “...Hey you, welcome to the world...” to “...always remember”

Track 3, 00:20 – 00:34

Hold your child’s hands in yours.



Part two: From “...Kingfisher was there...” to “...and they all agreed...”

00:34 – 01:02

Give your child a gentle back or foot rub or hand massage. Choose a lotion that your child likes the smell of.



Part three: From “You stand on the shoulders of greatness...” to “...is infinite.”

00:34 – 01:02

Pat your child gently but firmly on both shoulders a few times over then leave your hands on your child’s shoulders.



Part four: From “You always have a choice...” to “...walking alone”

01:16 – 02:24

Slowly ‘draw’ a path on your child’s arm with your index finger – a long winding path up and down their arm.

Part five: From “...Happiness, love and laughter...” to “...hey you”

02:24 – 03:33

Hold a large scarf, pillowcase or other piece of fabric between you. Work together to bounce the fabric up and down slowly as you read the next pages. Then you could drape the fabric over both your heads and listen to the last part of the story from under this shelter. Finish with a hug!





**Thanks for
listening!**

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