**How to Guide: Shabang!**

1. **Before you start:** Get the props box(es) ready for the theme you are using. The purpose of Shabang is to **engage our learners** in music, movement and drama activities. The key to their learning is their engagement not the actual activities.
2. **Hello** – every session starts with the same hello song to cue learners into that it is a Shabang session. Please use hand under hand to encourage learners to move their arms across their body with the scarf (crossing the midline is a really important skill) and reach up and down (another important physical skill).
3. **Get active** – the second song is always one with movement, dance or active opportunities. Encourage learners to get up and move!
4. **Story songs** – Each theme has a loose narrative story line and follows the same type of structure so there is an element of familiarity built in. Use the props to encourage learners to join in with the songs/activities. Each prop has been chosen to promote sensory experiences as well as representing a key part of the song.
5. If a learner is not engaging with a prop, try using it a different way or drop it entirely and try using Intensive Interaction to gain involvement. Remember that the learner may not like a particular experience or may need it presenting a significant number of times before they feel comfortable enough to accept it.
6. Link the songs with a simple narrative to explain the journey element of the experience. As learners become more familiar with the props, they may recognise what comes next and be able to get the prop themselves.
7. **Story Massage** – the last song of each session is always a lullaby and includes a story massage. As with all story massages, it is important to check with the learner that it is OK to touch them – ask “Can I touch you?” and put your hands flat on their shoulder blades. Be responsive to whether or not they would like a massage.

**At the end**, say “thank you” and tell them that Shabang is finished.

**Weather:**

1. **Hello song**
*Crossing the midline and up/down movements with scarves.
Also hiding and peekaboo, simple turn-taking games.*
2. **Top of the morning** – let’s go out for a walk and say hello to the people we meet.
*Get up and active, make eye contact, say/sign hello, intensive interaction.*
3. **Sitting in our garden** – we’re sitting together in a garden, enjoying the different sounds and smells of the word around us.
*Explore the sound of the wind in the grass (pompoms), the smell of the flowers, and the feel of the grass (astroturf).*
4. **History in these rocks** – we find some rocks on the ground and pick them up – what are they like? ***(H&S: be aware of throwing/ dropping)*** *Explore different painted and textured rocks Encourage learners to feel the shapes and textures and look at the painted colours and symbols.*
5. **What is the weather going to do next?** – encourage learners to make a choice of song using the weather stones, symbols or whiteboard.
6. **Winter serenade** – brrr! It’s getting colder – it’s starting to snow!
*Explore covering the garden with white (sheet), feeling the cold and weight of the cooling pads and exploring the silver bubble wrap.*
7. **My friend the sun** – phew! It’s getting warm now. Can you see the sun coming out? *Explore the difference between the sun (switch access lights, parasol, sparkly fabrics) and the cloud (grey wrap, lights off).*
8. **The rain song** – oh dear! It looks like rain – maybe we’d better get our umbrellas out. *Explore umbrellas and wellies, pretend to splash in puddles, use water sprayers to simulate rain (above learners head so it falls onto them).*
9. **Whoosh went the wind** – it’s getting windy – you’d better hold onto your hat!
*Choose different hats from the box and encourage learners to put them on and take them off. Make the wind with the big fan.*
10. **Under the blankets** – it’s been a busy day, let’s settle down for a quiet night in.
*Cover learners with blankets and enjoy story massage together.*

**Under the Blankets**

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|  | **The stars are shining,**  |
|  | **The moon is climbing** |
|  | **For you and me and sleepily**  |
|  | **It’s the only place to be.** |
|  | **And we go under the blankets,** |
|  | **Just close your eyes, dreams will come soon.** |
|  | **Under a silvery moon.** |
|  | **Under the blankets,** |
|  | **The world is spinning just for you.** |
|  | **Under a silvery moon,****Under a silvery moon.** |

**Stars:**

1. **Hello song**
*Crossing the midline and up/down movements with scarves.
Also hiding and peekaboo, simple turn-taking games.*
2. **Star steppin’** – let’s go out for a walk and see what we can see.
*Get up and active, follow movement instructions, make eye contact, say/sign hello, intensive interaction.*
3. **Blow that candle out** – if we want to see the stars, it needs to be dark.
*Practise blowing out a battery candle flame (real too if safe). Blowing is a fantastic oral-motor activity and aids lots of life skills. Lights out.*
4. **Look at the stars** – look up at the sky – can you see the stars and planets? *Explore star umbrella and planet mobile, encourage learners to look up. Shine torches on glitter star baubles for focus.*
5. **Starstruck spaceman** – we’ve taken a rocket to the moon – let’s explore!
*Move over and around different surfaces – aerobics step, hoops, bubble wrap, stepping stones. Move slowly and balance like an astronaut.*
6. **Silver moon** – Look at the sparkling moon! It’s so beautiful! *Explore fairy light mobiles, encourage switch pressing on/off,*
7. **Landing procedure** – time to head back home now. Are you ready to slow down our rocket? *explore pulling the coterie loop together or individual elastics.*
8. **Blanket of stars** – what an adventure! I’m glad to be back home again in my own bed. *Explore blankets and share a story massage together.*

**Under a blanket of stars**

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|  | **Take my hand, we’ll go wandering,** |
|  | **When daylight fades and the night steals in.** |
|  | **And you and me, here we are,**  |
|  | **We’re sleeping under a blanket of stars.** |
|  | **We’ve travelled far on this dusty road** |
|  | **The sun goes down, now we’ll rest our load.**  |
|  | **And you and me, here we are,** |
|  | **We’re sleepers under a blanket of stars.** |
|  | **Night is clear, moonbeams dance around** |
|  | **Lay your head, we’ll be safe and sound.** |
|  | **And you and me, here we are,** |
|  | **We’re dreamers under a blanket of stars.** |

**Sea:**

1. **Hello song**
*Crossing the midline and up/down movements with scarves.
Also hiding and peekaboo, simple turn-taking games.*
2. **Hit the groove** – I feel like a dance – will you come and join me?
*Get up and active, make eye contact, say/sign hello, intensive interaction, free movement, play instruments.*
3. **Anchor rope** – time to go on our adventure. Let’s pull up the anchor and set sail!
*Pull on the individual elastics, pull up a real rope hand over hand with sea-theme objects on it.*
4. **Diving song** – It’s lovely out on the ocean. I wonder what is under the water?
*Explore fish and sea creatures under the sea (blue sheet), encourage to try wearing the mask.*
5. **Like a palm tree** – I’m tired after all that diving. Look – there’s an island we can sunbathe and have a rest.
*Explore onion grass palm leaves (Use over clothes as they are very spiky!) and sunglasses.*
6. **Hoist up the sail** – Time to go home – we’d better sail back to harbour. *Net curtain/muslin sails, lift up/down, play peekaboo and hiding games, switch fan, individual fans make the sails move.*
7. **Mariner’s Lullaby** – what an adventure! I’m glad to be back home again – didn’t we have a lovely time together? *Share a story massage together.*

**Mariner’s Lullaby**

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|  | **There’s a time for all mariners to head for their home.** |
|  | **And leave all the fish in the ocean alone.** |
|  | **Then the waters run black, and the darkness creeps in** |
|  | **And the sea sings her lullaby to all of her kin.** |
|  | **Sleep, sleep,**  |
|  | **down in the deep of the ocean** |
|  | **Deep, deep, down in the blue.** |
|  | **Keep, keep, safe from this worldly commotion** |
|  | **And you’ll find another day is drifting to you.** |

**Home:**

1. **Hello song**
*Crossing the midline and up/down movements with scarves.
Also hiding and peekaboo, simple turn-taking games.*
2. **Bud and Blossom’s song** – I wonder what it’s like out in our garden today?
*Get up and active, make eye contact, say/sign hello, intensive interaction, props around the space in different areas for weather: water spray, white pompoms, Chinese stress balls, fan on switch. Encourage learners to move and interact.*
3. **Garden Gnome** – Can you see some little figures by the pond? I wonder what they’re doing?
*Explore fishing games using rod/line and pool noodle with magnet on, wear pointy hats to be gnomes, water tray, real/pictures of garden gnomes*
4. **Nice cup of tea** – well, it’s such a lovely day, I think I’ll enjoy a nice drink in the sunshine. Shall we have a tea party?
*Role play a tea party with cups, teapot and play cakes. Pour from a kettle into the teapot and add milk and sugar.*
5. **The fruit song** – That was a lovely cuppa, but I’m feeling hungry now. Let’s have a healthy snack.
*Explore play fruit and baskets/bowls. If appropriate, use real fruit pieces to taste. Collect in bowls for washing up after the session.*
6. **Who’s that doing the dusting?** – OK, break over – we’d better go and do some housework – we need a tidy house! *feather dusters, static dusters, yellow dusters etc. Encourage learners to explore and move, dusting different surfaces (and people) around the space.*
7. **Pat on the back** – well look at how sparkly clean everything is – We did a really good job! *Walk around and say/sign well done to each other, give a pat on the back as appropriate (self and/or others)*
8. **Rest awhile** – I’m shattered after all that work! Let’s have some time to relax together. *Share a story massage together.*

**Rest Awhile**

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|  | **On this busy day, you’ve travelled far,** |
|  | **Now you’re right back where you are** |
|  | **And we want to say.**  |
|  | **Rest a while,**  |
|  | **For the world will keep on turning** |
|  | **Without you, for a while.** |
|  | **Close your eyes** |
|  | **For the stars will still be burning** |
|  | **Without you for a while,** |
|  | **Until you smile again.** |
|  | **On this busy day, you’ve played your part,** |
|  | **Now you’re right back to the start** |
|  | **And we want to say.** |
|  | **Rest a while,**  |
|  | **For the world will keep on turning** |
|  | **Without you, for a while.** |
|  | **Close your eyes** |
|  | **For the stars will still be burning** |
|  | **Without you for a awhile,** |
|  | **Until you smile again.** |

**Holiday:**

1. **Hello song**
*Crossing the midline and up/down movements with scarves.
Also hiding and peekaboo, simple turn-taking games.*
2. **Off on holiday** – we’re going on our holiday – are you excited? Let’s get our bags packed and go to the airport.
*Get up and active, make eye contact, say/sign hello, carry/pull suitcases, explore props mentioned in the song.*
3. **Name song** – where in the world would you like to go?
*large blue lycra with inflatable globe – pull, stretch, lift, move. Put names onto world map.*
4. **Aye Aye** – Here’s the captain of the ship. I wonder where we’ll sail to on our cruise?
*use hula hoops as ships for paired work as appropriate. Follow compass directions NSEW to different areas of the room, take turns wearing the captain’s hat, salute for ‘aye aye’.*
5. **Additional destinations** *– as appropriate,**visit different places and explore music and props relating to that holiday destination.*
6. **Pop song** – Well, after all that exploring, I think we’d better get cleaned up.
*body awareness using the flannels to clean different parts of the body, bubbles for chorus – encourage learners to blow bubbles, chase and pop them.*
7. **Let’s have a picture** – we’re getting to the end of our cruise. We should take a picture to remember our lovely holiday. *picture frames – pull silly and sensible faces, mirrors, cameras. If possible, take pictures with digital camera and put up on whiteboard.*
8. **Home sweet home** – what an amazing holiday! I’m glad to be back home again though – didn’t we have a lovely time together? *Share a story massage together.*

**Home Sweet Home**

Verse 1:

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|  | **Well I've sailed upon the seven seas** |
|  | **And I've felt the tempest and the breeze** |
|  | **But when I want to rest,** |
|  | **There’s one harbour, oh it’s the best** |

Chorus over the page ☺

Verse 2:

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|  | **I've been on trains, planes and boats** |
|  | **From Land’s End up to John O’ Groats** |
|  | **But my favourite road for sure** |
|  | **Is the one to my front door.** |

 Please turn over ☺

Chorus:

|  |  |
| --- | --- |
|  | **It’s home sweet home** |
|  | **I long to be.** |
|  | **Home sweet home,**  |
|  | **Waiting for me.** |
|  | **It’s not Paris, it’s not Rome,** |
|  | **But it’s lovely being home sweet home** |
|  | **Wherever I wander, wherever I roam,** |
|  | **It’s lovely being home sweet home** |

**Flying:**

1. **Hello song**
*Crossing the midline and up/down movements with scarves.
Also hiding and peekaboo, simple turn-taking games.*
2. **Pumpin’ Iron** – We need to get fit so we’re ready to go on the aeroplane for our holiday?
*Get up and active, intensive interaction, pool noodle iron bars to bend and lift.*
3. **Gotta get going** – time to go to the airport. I wonder who we’ll meet on the way?
*Get up and active, make eye contact, say/sign hello, intensive interaction, free movement around the room avoiding obstacles.*
4. **Welcome aboard** – Wow! It’s not an aeroplane, it’s a magic carpet!
*Roll out rug onto floor and encourage learners to sit on the floor together or around the rug if floor not possible.*
5. **Take off into the clouds** – We need to help start the engine so we can fly on our magic carpet.
*Pull coterie loop together – uplift = up/down; crossflow = side to side. When music changes, change to parachute and waft slowly up and down.*
6. **Let’s fly away** – we’re flying! I wonder what we’ll see? *Move around the room exploring the ocean (blue fabrics on floor), mountains (over/around aerobics step) and sunset (chiffons on hoop to go through).*
7. **Hat song** – what kind of hat will we need for our holiday? What do you like? *Explore different hats. Encourage learners to put the on and take them off, show preferences.*
8. **Goodbye Lullaby** – the magic carpet has landed and it’s time to go home. Let’s say goodbye to all the friends we made. *Share a story massage together.*

**Goodbye Lullaby**

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|  | **When the sun is going down behind the mountain,** |
|  | **And the world will turn to sleeping by and by** |
|  | **I like to lay me down** |
|  | **As night falls all around,** |
|  | **And look into the sky.** |
|  | **And the silver moon** |
|  | **shines on you,** |
|  | **And the shining stars they fill that sky.** |
|  | **Now it’s time for you to say goodbye.** |
|  | **And the silver moon** |
|  | **shines on you,** |
|  | **Catch your dreams before they fly.** |
|  | **Now it’s time for you to say goodbye.** |