

COLLAR & CUFFS CO PRESENT

CRABBY

A snappy little tale of grumpy feelings and what to do about them



"Ditched perfectly...The children were mesmerised."

Parent review, Brighton Fringe

"Clever characters, inclusive storytelling, plenty of sensory fun and a vintage setting - almost as good as a holiday!"

Parent Review, Luton Culture



THE
LIBRARY
PRESENTS

A sensory discovery pack

Part of the Digital Season for Families during the Covid-19 pandemic 2020

Contents

Introduction.....	1
Theatre Synopsis Thanks & Acknowledgements.....	2
Imagining Elephants: What are Sensory Stories?.....	3
What Do I Need To Find?.....	5
Crabby: a snappy little tale of grumpy feelings and what to do about them - a sensory story presented in 5 Acts.....	10
Song Lyrics, Audio, Videos and How To Access Them.....	21
What is A Story Massage?.....	24
Story Massage Outlines.....	25
Sensory Mindfulness Through Play.....	27
Crabby Picture Cut-Outs.....	32

Introduction

Ahoy there!

We're very excited to share the tale of '**Crabby**' with you, and hope one day you may come along to see us perform it live.

We've developed this Sensory Discovery Pack so you can experience a little taste of the vintage seaside wherever you may be during the Covid-19 pandemic. These strange times are filled with a lot of anxiety and frustration, but perhaps Crabby's tale will open up opportunities to explore these feelings together and take you on an imaginative adventure beyond home, school or even hospital. There are lots of sensory possibilities for exploring the seaside, but the ones we've used here are the closest to what you'll see on stage during a performance.

This pack and accompanying videos have been made possible by Cambridgeshire's **The Library Presents**, however, 'Crabby' premiered in May 2018 at Brighton Fringe, and has been on tour ever since. It has been seen by over 6,000 people to date (May 2020). The original production was Crowdfunded and also supported by Andrew Lloyd Webber's Really Useful Group Charities. 'Crabby' won Best Children & Families Show at the International Youth Arts Festival in 2018.

The pack is suitable for young children and those with complex special needs. As with any sensory experience, repeating it lots of times really helps build anticipation and involvement: the more you do it, the bigger the reaction you get.

Our Sensory Story is presented in 5 Acts. You can pick your favourite bit and just do that section, or, you could choose to do one act at a time and build up, or, you can do the whole thing for a longer immersive experience- whatever feels right for you!

We really hope you enjoy this pack, and we wish you a lovely day at the vintage seaside - complete with some Music Hall songs - staying safe and well wherever you are.



Julia X

Theatre Synopsis

Set at the seaside during the Edwardian era, **Crabby** is the tale of a little crab with a rather snappy disposition.

One day, after Crabby has been particularly mean to the various inhabitants of the seaside, Beryl the mermaid has had enough and decides to teach Crabby a lesson. Beryl calls up a storm, and in the turmoil, Crabby's shell magically disappears. Unless Crabby can learn to use his feelings in healthier ways, his shell will be gone each time the tide turns.

Being a crab with a soft body, Crabby needs to find a new shell as quickly as possible to be safe, so he sets out along the seashore to find one. In his search, he encounters other seaside characters including a seagull, jellyfishes, and an oyster...however, it's not easy getting what you need if you're a bit crabby!

With traditional seaside ephemera, adapted Music Hall songs, giant puppets and sensory experiences, we bring you the seaside without leaving your school, early years setting, park, or neighbourhood. Find out how Crabby learns to work with his feelings and discover if he can break the mermaid's spell.

Performances are 35 minutes long with up to 15 minutes of mindful sensory play afterwards.

Thanks & Acknowledgements

A million thanks to our amazing Crowdfunders and the Really Useful Group Charities for enabling us to create 'Crabby' in the first place, and to all the children, families, schools, festivals, historic properties, gardens, parks, libraries, and theatres we've had the privilege of visiting with the show so far.

Thank you to People United for the residency opportunity at Beach Hut 136 in Herne Bay: this is where 'Crabby' turned from an idea into a story. The time enabled my son Seth, aged 4, to create a beautiful series of photographs that reflected his child's eye view of the beach that, in turn, informed my vision.

Special thanks to Mark Pitcock and Riley for believing in this show with such generosity and joy. Thanks to The Warren at Brighton Fringe for being the platform we needed to road-test the show - if it works with your audiences then we can make it work anywhere!

And, to The Library Presents for their agility pulling together an online programme to support families through the Covid-19 pandemic. This pack and video have been a dream for such a long time, and this opportunity has enabled us to create it at a time when it's most needed.

Picture credits: Oliwia Jesionkowska, International Youth Arts Festival 2018
& Seth Simmons-Collar, Beach Hut 136 Residency, Herne Bay, 2018 by People United.

Imagining Elephants...

What are Sensory Stories?

A Sensory Story is an interactive activity suitable for a wide range of ages and needs. It involves a shared story along with some simple and sometimes surprising sensory items: things to listen to, things to touch, things to smell, things to look at, ways to move, and even things to taste. The items help to illustrate different parts of a story: it's no longer just about words and abstract concepts. Instead, it's something tangible that the whole body can experience.



How Do They Work?

Imagine you've never seen an elephant before, and I'm describing it to you: you might put together a very funny picture in your mind! But, if I give you something rough and wrinkly and warm to touch for the elephant's skin; if I put on a long glove, turn my arm into a trunk and pick up peanuts in their shells with it - we may even eat them; if I give you something heavy to hold, and draw an outline on the floor or the wall so you can understand the size of the animal; if I give you some hay, mud, and dung to smell; if I make a trumpeting sound with my lips by blowing air through them; if I squirt some water at you, or flap some giant ears made out of paper then, quickly, the picture evolves into something much more real.

You will no longer have just a concept in your mind but sensory memories too. So, next time someone talks about an elephant, or if you see one in a book, you may bring to mind the way an elephant may feel, smell, sound, etc.

Who Are They For?

Sensory Stories are usually developed for people who have a mostly sensory relationship with the world around them, which may include people with profound and multiple learning disabilities (PMLD). They can be great for a wide range of other needs and abilities too, including people with Autistic Spectrum Conditions, babies and young children, people living with dementia, or anyone who just enjoys a playful sort of story.

Sensory Stories don't rely on words and abstract concepts alone. They enable people to use their preferred methods of engagement, exploration, communication, and expression to make sense of imaginary worlds and to connect to others.

Indeed though, these types of stories are for everyone: Sensory Stories strengthen relationships and create communication. These shared experiences can be beautiful, ridiculous, and very funny too. Memories are always made using all our senses, so let's stimulate as many as possible!

Why Are They Useful For A Theatre Show?

Sensory Stories in relation to a theatre performance can enable participants to build confidence and familiarity with new concepts, places, or experiences before the day of a visit, in this case, to 'Crabby'.

This pack has been designed specifically to help audience members be better able to anticipate and understand what's happening during our performance. However, we have kept a few surprises back too.

For people who live with impairments to any of their senses, especially sight where theatre or other live events are concerned, a Sensory Story can be helpful as the resources can support or compensate for gaps in sensory perception. So, for an audience member with a visual impairment to understand what is happening when a costume is changed, for example, we may offer resources that help them build up an impression using their other senses instead. For the visually impaired, do add in any extra spoken descriptions that would be useful as you go along.

Sensory Story items are usually small, can be explored through all angles for as long as wanted or needed, and through as many senses as the person likes. They can help people feel a bit like they are in or part of the show too: the 'doing' of theatre can be for everyone as much as the 'watching' is.

Without further ado, let us stroll down and along the prom and see if we can find Crabby...

What Do I Need To Find?

All the items you need to gather are either ones you probably already have, or can be quickly and simply made, adapted, or sourced from junk, or for a small cost from major suppliers:

For Act 1: The Curse

Beach - needed for the whole story. You could tell the story in your sandpit or a pebbly/gravelly area of your garden; if you have a tuff/sensory tray, you could line it with sandpaper or fill it with play sand or dried rice. Alternatively, you might like to use a yellow rug or blanket to sit on; we made our beach out of a decorator's canvas painted yellow with a topcoat of PVA glue. You could make your story take place in a very small world by using a bowlful of sand your experimenter can hold on their lap or explore at a table. Big, small, with real sand or just with a blanket, it all works the same!

A piece of blue fabric - this will be used many times during the story and it will create the sea and tides. You could use a towel or sheet, a scarf, a coat or shawl, a rug or blanket, or any fabric scrap as long as it can be wafted. and is big enough to cover up your Crabby. Bigger pieces of fabric work better as they create more air motion when they're wafted, and try to use something you can't see through as it makes the magic work better. A foil survival blanket may be nice, especially for its crackling, rustling sounds as well as its shimmer.

Crabby - we have a crab puppet from The Puppet Company (£3.50) as our Crabby; this is available from Amazon or eBay. We use a small one as it encourages children to focus in on where Crabby is on stage and what he's doing, though we do not use it as a finger puppet; instead, we hold either side of his shell to make him walk and move his claws. A small grumpy crab is also a bit less scary than a big one, which helps children to feel confident and safe even when Crabby is shouting or crying!

You'll notice our crab puppet isn't a hermit crab, he's just a regular crab; this is because he finds and loses his shells throughout the story, so having easy access to his back makes the changes quicker, simpler, faster and that little bit more magical: we just hold or balance his new shell in place each time.

You could create Crabby out of a pair of old socks or an empty butter or margarine container, or even just from a picture; if you use a picture, you might want to stiffen it up by sticking it onto some cardboard to make it more robust. At the back of this pack there are pictures you could cut out and use for Crabby and all the different shells he needs throughout the story.



A starter shell for Crabby - this is the one he begins the tale with and is to demonstrate what a hermit crab is. Use a large real shell, a small pot, or any suitable item that is different from the other 'shells' he encounters in the story.

A water spray - if you don't have one then a bowl of cool water would be ideal, create drops by dipping your fingers in and then flicking them in the desired direction.

Cotton wool or furniture batting - this is to make big clouds, so you will need a good amount of it.

A light source such as a torch or lamp - optional; use with the cloud materials above to illuminate them from beneath.

A kazoo - a traditional instrument with a lovely buzzy tone, available sometimes in the party section of supermarkets or very cheaply online. The kazoo enables you sing down it to transform your voice, and requires very little skill to get a good sound. You can always hum instead if you can't get hold of one.

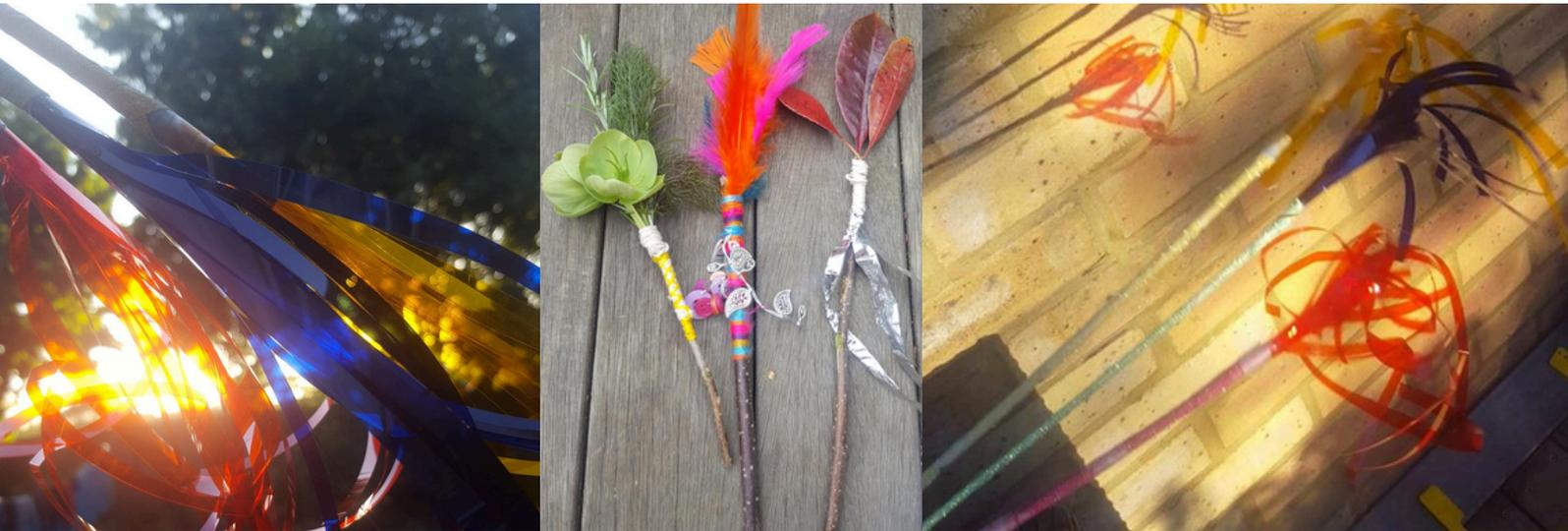
A device for streaming audio - All the songs from our production are available to stream here: <https://soundcloud.com/julia-collar/sets/crabby-songs-for-the-sensory-discovery-pack>

A 'Brittania' costume - Brittania is the personification of the United Kingdom, a spirit or goddess-like figure, traditionally shown wearing a flowing white dress, helmet, and trident; this is the inspiration behind Beryl, our magical mermaid. To create yours, you could wrap a white sheet toga-style around yourself and pop on a paper crown - one out of a cracker would be good - or, as we do, use a Union Jack vest in a small nod to the Spice Girls! Whether tea towel-sized or flag-shaped, tuck your Union Jack into the neck of your top as a quick-change costume: you, the narrator/facilitator will be Beryl.



A mermaid tail - made from a pair of flippers, a paper fan (fold your own), or you may even have a mermaid tail blanket at home or a piece of mermaid sequin fabric: a patch on a t-shirt would be sufficient, doesn't need to be huge.

A magic wand - you may have a plastic one in your resources or toy box already, but a stick or spatula covered in silver foil would be just as good. You could tie bunches of herbs, flowers, feathers, or even bells to a stick as well: go with whatever you know would best catch your experiencer's attention. Here's some we made with a few craft supplies and bits from the garden:



For Act 2: Meeting Wilf

Chip papers - if you're lucky enough to have papers left over from a fish and chip supper from your local take away, then hang on to them: store them in a sealed plastic bag to hold in the smell. Alternatively, use a sheet of newspaper, and sprinkle it with vinegar to enhance the scent. For flapping Wilf, have a few large sheets to hand and twist up one corner to make a beak (see video).

Barnacles - we make ours from egg box cartons and bin bags! Cut off a few egg box sockets and some long wavy seaweedy fronds from a bin or garden waste bag (green if possible), and use some tape to form them into a clump. If your experiencer doesn't mind wet sensations, then you can trail the fronds down into some water with salt in to make them wet and briny when it's time to use them.

A surprise - you'll need three for use during the story. We use party poppers to show Crabby's feelings exploding, but silly string, a handful of confetti thrown in the air, or even a clap of your hands would be good alternatives.

A mooring post - this is a place for the barnacles to sit, so a box, stool, etc, would be ideal.

For Act 3: The Dandy Jellyfish

Three Jellyfish with top hats - use the base of a plastic bottle, cup or milk carton, and cut lots of long, dangly, rustling fronds from paper, ribbon, or plastic bags to make lots of tickly tentacles, attaching them with tape, glue or staples (see video). We created our stage versions from umbrellas, so if you have any brollies available then you could stick, pin, sew or staple them around the edges - big ones make a huge impression and look great when being shaken and twirled, you can also get under them and hide in the tentacles together.

Whatever method you choose, your jellyfish will need top hats - for small sized jellyfish, use the innards of a toilet or kitchen roll tube stuck onto a circle of card to make a brim; it will need to be detachable, so don't glue it down. For umbrella-sized jellyfish, rummage in your costume box or wardrobe and see if you have something that would do; alternatively; repurpose cereal boxes by creating a suitably sized tube and a circle of cardboard for the brim - we use hook and loop fastenings to hold the hat in place on top of the brollies, and so we can detach it quickly.

For Act 4: Pearl the Oyster

An apron - Pearl's costume. If you don't have one then re-use Beryl's toga.

A tablecloth, cups and saucers, teapot, etc - for Pearl you can be as elaborate as you like by creating either a pretend tea party with empty cups and plates, or you could choose to have a real tea party and make it a special occasion. You can lay out the items as part of the experience, or have a prepared tray or table. You'll need a tea cup or mug that will become a shell for Crabby too.

Three smells or tastes - in our production we have scent bottles, one filled with scampi flavour fries, and two with dried rice: one batch of rice is scented with vanilla essence (a stand-in for cream scones), the other with strawberry essence. To make the rice bottles we mixed dried rice with a little acrylic paint and food flavourings, left the mixtures to dry, and then sealed them in plastic bottles to hold in the smell - they're heavy, which is good for proprioception, and they also make a nice sound when shaken.

You could choose to have real foods to taste with samples of fish and chips, scones/cake, and fresh strawberries; or, you may want to choose some other smells/tastes depending on what you have in your fridge/cupboards - think about the smells and tastes of a traditional British afternoon tea: offering the smell of tea leaves or a freshly brewed cuppa would be great, slices of cucumber, finger sandwiches, etc,



For Act 5: Three Magic Spells

Bubbles - Beryl's favourite thing to do is blowing bubbles, so you're going to need some: never enough bubbles in the world! We use giant bubble nets, but you could use a bubble gun or machine, wand-style bottle blowers, or Bubble Blizzard; Bubble Blizzard is a polymer-based bubble system costing around £1.90 per pack (available from B&M, Hobbycraft, Amazon, eBay, and some garden centres), including the solution and blower, and we like it because it can fill an indoor space very quickly with long-lasting bubbles that are small like snow and that hang in the air, on hair, or on clothes for ages.

For our giant bubbles, we make our own bubble solution using Ecover washing up liquid; after much experimentation with different products and mixtures for making giant bubbles, Ecover in equal parts soap to water is by far the best we've found.

A really special shell - Crabby's final shell needs to be so lovely, shiny and wonderful that it creates a gasp when it's revealed: we call it Crabby's Disco Shell. Ours is a real conch shell covered in different colours of metallic leaf and sparkly gem stones,

You could shape yours out of scrunched or balled-up foil, or use sparkly Christmas decorations or household ornaments, hang earrings or necklaces over a balled-up pair of socks; make one from paper using the pictures at the back of this pack and add some glitter or sequins to make it shiny; use wrapping paper, especially the holographic or foiled kind, or even the colourful cellophane from sweets or boxes of chocolates; wash out a used food or drinks can, tape the edges to prevent cuts, and paint patterns on it or glue on adornments; you could freeze some sparkly things, or even some flowers or fruit, in a plastic pot of water and turn it out to make a frosty icy shell - the only limit is your imagination and the resources you have to hand! Think about what your experiencer most loves and reacts to and devise a way to incorporate this into your own Disco Shell.

Flags - we use little Union Jack flags, but you could make some from paper, use cheerleader pom-poms, scarves, or anything else that would be visually effective when waved with enthusiasm!

We'd would LOVE to see your Crabby in his Disco Shell, so do take a picture and post it to our social media if you're able to:

[Twitter.com/CollarCuffsCo](https://twitter.com/CollarCuffsCo) | [Facebook.com/CollarandCuffsCo](https://facebook.com/CollarandCuffsCo)



CRABBY

A snappy little tale of grumpy feelings and what to do about them

This story works well when signed along using your preferred system.

The words in **BOLD** are the ones you read out, the ones in normal are the actions or experiences. Prepare everything you need in advance and don't worry: there is really no right or wrong, and you know your story experiencer(s) best, so feel free to adapt activities to their needs and interests.

Act 1 | The Curse

Once upon a time, there was a little hermit crab called Crabby.

Introduce Crabby to your story experiencer with a shell on his back.

A hermit crab doesn't have a shell of its own. It has a soft, fragile body it keeps safe by finding empty shells left behind by other creatures and living inside them instead. As the crab grows, it finds itself a bigger shell to live in. Though, sometimes, hermit crabs can lose their shells in other ways, as Crabby finds out.

Invite your story experiencer to take Crabby's shell on and off. You may want to have a few different 'shells' available to try. Choose one for Crabby to wear and leave it in place.

Now, Crabby was a particularly mean and grumpy little hermit crab. One day, when he'd been very unkind to all who lived along this stretch of seashore, Beryl the mermaid, who was in charge around these parts, had had enough.

Use the kazoo to fanfare Beryl's arrival - we play 'Ride of the Valkyries'. Drape the items for Beryl's costume over yourself and invite your story experiencer to feel the robe, mermaid tail, and crown.

"Listen, Crabby," says Beryl, "You can't go around being mean with your words or mean with your body, no matter how grumpy you're feeling. Everyone gets cross sometimes - I do, even the King does - and that's absolutely fine: be as cross as you need to, but you must not hurt anyone with your words or deeds. Do you understand? But Crabby just said...blow a raspberry...and scuttled away.

Blow a raspberry on your story experiencer's hand or even their tummy if they would enjoy it.

CRABBY

A snappy little tale of grumpy feelings and what to do about them

Beryl waved her magic wand and put a curse on Crabby to teach him a lesson:

Let wind come, and rain, and thunder's crack;

Crabby's shell will be gone when the tide turns back!

Invite your story experiencer to help you wave the wand and cast the spell. Wave the wand together, stretching to the limits of their physical ability and using lots of extravagant flicks and swishes. Remove Beryl's costume.

And lo and behold, the sky turned dark.

Draw your sea fabric over your heads to create a tent and reduce lighting levels.

Huge, looming clouds rumbled across the sky.

Use your cotton wool or furniture batting for clouds. Illuminate it by placing a torch beneath it - you could turn the torch on and off quickly to make lightning.

The waves began to rise...

Use your sea fabric and make small, medium and then big waves.

Song: **I hear thunder, I hear thunder.**

Hark! Don't you? Hark! Don't you?

Pitter-patter raindrops

Pitter-patter raindrops

I'm wet through, so are you

On 'Pitter-patter raindrops' sprinkle or spray your story experiencer with water.

Repeat as many times as desired. Sing the song or play the audio.

Song: **And the tide rolled in, and the tide rolled in,**

The tide rolled in and the tide rolled in,

The tide rolled back and the tide back,

The tide rolled back and the tide rolled back.

Sing or play the audio. Use your sea fabric to creep waves up and over Crabby, washing over your story experiencer's lap too, and quickly sneak away Crabby's shell and hide out of sight. On the 'tide rolled back' creep the waves back again and reveal Crabby without his shell.

CRABBY

A snappy little tale of grumpy feelings and what to do about them

Oh dear, Crabby had lost his shell! Beryl's curse had worked.

**So, Crabby went a-walking along the sea shore,
Crabby went a-walking, let's see what Crabby saw**

Ensure loads of expression in your voice when you reveal the shell has gone. Invite your story experimenter to make Crabby go for a walk.

Act 2 | Wilf the Seagull

Down by the quayside, Crabby found Wilf the seagull rummaging through old fish and chip wrappings looking for his breakfast.

Invite your story experimenter to explore the newspaper/chip wrappers for how they feel, smell and sound. Scrunch a piece of the paper up into a point to create Wilf. Play the audio for Wilf's song, or sing it yourself - to the tune of 'All The Nice Girls Love A Sailor'. Make your newspaper Wilf flap and strut along to the song.

Wilf says: "Hello Crabby, you look a bit different. Are you alright?"

Crabby says: "I've lost my shell. I need to find a new one before the tide comes in, or my soft body will be hurt.

Make your Crabby and Wilf talk to each other, moving them to the words.

Crabby spies a clump of barnacles on Wilf's favourite mooring post, and starts to pull them off.

Invite your story experimenter to feel the barnacles; place them onto your mooring post. Make Crabby pull at the barnacles.

Wilf says: "No! You can't have those - they belong here. They're like family to me. Stop, Crabby, stop!

But Crabby's feet went like this...(stamp your feet or slap your hands against your thighs)

And, Crabby's claws went like this...(use your hands as claws and snap them together)

Uh oh! There he blows! (release your chosen surprise)

CRABBY

A snappy little tale of grumpy feelings and what to do about them

Crabby threw Wilf's chip papers all over the place, stole the barnacles, and dived off the quay into the sea!

Act out the words with Crabby and the props. Set Crabby down with the barnacles on his back.

Song: **And the tide rolled in, and the tide rolled in,
The tide rolled in and the tide rolled in,
The tide rolled back and the tide back,
The tide rolled back and the ride rolled back.**

Sing or play the audio. Use your sea fabric to creep waves up and over Crabby, washing over your story experiencer's lap too, and quickly sneak away the barnacles. On the 'tide rolled back' creep the waves back again and reveal Crabby without the barnacles.

Oh dear, Crabby had lost his shell! Beryl's curse was still working.

**So, Crabby went a-walking along the sea shore,
Crabby went a-walking, let's see what Crabby saw**

Ensure loads of expression in your voice when you reveal the barnacles have gone. Invite your story experiencer to make Crabby go for a walk.

Act 3 | The Dandy Jellyfish

Down by the rockpools, Crabby found a trio of jellyfish. They were dressed in fancy top hats and were practising their act for the seaside Music Hall.

Bring out and set up the jellyfish. Invite your story experiencer to feel them. Play the audio of the Dandy Jellyfish song, or sing it yourself. Act out the song using the jellyfish, taking one away until they're all gone, then bringing them back at the end. Repeat as desired.

**The dandy jellyfish say: "Hello Crabby, you look a bit different. Are you alright?"
Crabby says: "I've lost my shell. I need to find a new one before the tide comes in, or my soft body will be hurt.**

Make your Crabby and the jellyfish talk to each other, moving them along to the words.

CRABBY

A snappy little tale of grumpy feelings and what to do about them

Crabby spies the jellyfishes' top hats. He points to them and says: "Give me a hat!" The jellyfish say: "No! You can't have one: they're ours. We need them for our Music Hall act. Stop, Crabby, stop!

But Crabby's feet went like this...(stamp your feet or slap your hands against your thighs)

And, Crabby's claws went like this...(use your hands as claws and snap them together)

Uh oh! There he blows! (release your chosen surprise)

Crabby wailed and stamped and cried and pointed until the jellyfish were so exhausted they gave him a hat. Crabby stopped crying immediately and dived into the sea!

Act out Crabby having a tantrum with lots of exaggeration. After a while, give him the hat - don't stop making noise until you have the hat!

**Song: And the tide rolled in, and the tide rolled in,
The tide rolled in and the tide rolled in,
The tide rolled back and the tide back,
The tide rolled back and the tide rolled back.**

Sing or play the audio. Use your sea fabric to creep waves up and over Crabby, washing over your story experiencer's lap too, and quickly sneak away the hat. On the 'tide rolled back' creep the waves back again and reveal Crabby without the hat.

Oh dear, Crabby had lost his shell! Beryl's curse was still working.

**So, Crabby went a-walking along the sea shore,
Crabby went a-walking, let's see what Crabby saw**

Ensure loads of expression in your voice when you reveal the top hat has gone. Invite your story experiencer to make Crabby go for a walk.

CRABBY

A snappy little tale of grumpy feelings and what to do about them

Act 4 | Pearl The Oyster

Down by the pier, Crabby found Pearl the oyster in her tea room. She was showing some customers the menu.

Put on Pearl's apron and set up your tea room with your tastes/smells. Explore each one, integrating them with the Everybody Loves song - play the audio or sing it yourself.

Pearl says: "Hello Crabby, you look a bit different. Are you alright?"

Crabby says: "I've lost my shell. I need to find a new one before the tide comes in or my soft body will be hurt."

Make Crabby talk to you, moving him to the words.

Crabby spies Pearl's tea cups and goes to grab one.

Pearl says: "Oh, would you like a tea cup? It would make an excellent shell for you. Try it on. That looks perfect! Tell you what, if you play my favourite game and win, then I'll let you keep it."

Try the tea cup on Crabby's back.

Crabby feels sure he can win, so he listens to the rules of Pearl's game.

Pearl says: "My game is called 'Two Sugars, Please!'. We go round and round the table whilst singing the song. At the end of the song we clap a rhythm. First to complete it and shout out 'Two Sugars, Please!', wins. Got it?"

Show your story experiencer and Crabby the rhythm: two claps; then tap out 'rat-a-tat-tat' on your thighs; two claps; shout out 'Two Sugars, Please!'

The game is like the Caucus Race in Alice In Wonderland: running round in a circle with no end, no beginning, and no possible winner. Play or sing 'Here We Go Round The Teapot' and make Crabby scuttle round in a circle and clap out the rhythm with his claws and then shout the game phrase.

Crabby claps his rhythm first. He's won! But Pearl says: "Oh dear, you lose!"

Crabby is confused, but he really wants the tea cup so he doesn't say anything.

Pearl says: "Would you like to try again?"

Play or sing 'Here We Go Round The Teapot' again.

CRABBY

A snappy little tale of grumpy feelings and what to do about them

Crabby claps his rhythm first - he's sure of it. He's won! But Pearl says: "Oh dear, oh dear, you lose AGAIN! You're not very good at this game."

Crabby begins to feel angry, but he really wants the tea cup. He says: "Are you cheating me?"

Pearl says: "No, it's MY game, MY rules. Let's play one last time..."

Sing the song again and repeat all the same actions with Crabby.

Crabby claps his rhythm first again. He HAS won, there's no doubt. But, Pearl says: "Oh dear, oh dear, oh dear, you lose yet AGAIN! Give me my tea cup back - now Crabby, now!"

And Crabby's feet went like this...(stamp your feet or slap your hands against your thighs)

And, Crabby's claws went like this...(use your hands as claws and snap them together)

Uh oh! There he blows! (release your chosen surprise)

Crabby pinches Pearl very, very hard. He grabs the tea cup and dives into the sea.

Make Crabby pinch you, squeal with pain, and then assist Crabby in making his escape. Take off Pearl's apron.

Song: **And the tide rolled in, and the tide rolled in,**

The tide rolled in and the tide rolled in,

The tide rolled back and the tide back,

The tide rolled back and the tide rolled back.

Sing or play the audio. Use your sea fabric to creep waves up and over Crabby, washing over your story experiencer's lap too, and quickly sneak away the tea cup. On the 'tide rolled back' creep the waves back again and reveal Crabby without the tea cup.

Oh dear, Crabby has lost his shell again. Beryl's curse was still working. Feeling very confused, frustrated and tired, he set out to find her.

CRABBY

A snappy little tale of grumpy feelings and what to do about them

Act 5 | Three Magic Spells

Crabby found Beryl doing her favourite thing: blowing bubbles.

Play the kazoo to fanfare Beryl's arrival, and put on her props again. Play the audio or sing the song 'I'm Forever Blowing Bubbles', integrating it with your chosen bubble system.

Beryl says: "Hello Crabby, you look a bit different. Are you alright?"

Crabby says: "No, I keep losing my shell."

Beryl says: "I know, things keep floating to me on the tide. First, it was a clump of barnacles - they belong with Wilf. Then, it was a top hat - this belongs to a jellyfish. Then, it was a tea cup: this belongs to Pearl. Oh dear, Crabby, what have you been doing?"

Make Crabby talk to you. Bring out each item and reacquaint your story experiencer with them.

Crabby says: "I needed a new shell. I needed a shell before the tide came in to stop my soft body being hurt. It's very scary being soft underneath and having to find a way to keep safe. My shell protects me."

Beryl says: "I see. But did you get these shells by asking for them nicely?"

Crabby says: "Wilf won't miss a few barnacles. The jellyfish look silly in their hats. And Pearl, well, she's a horrible, stinky old cheat!"

Place each item on Crabby in turn and remove until he has no shell again.

Beryl says: "None of those things are true. None of those things mean you can be unkind to people, even if you are frightened or angry."

Crabby says: "But, I don't know what else to do! I'm a crab, I only know how to be crabby!"

Beryl says: "That's a very brave thing to say. Alright, Crabby, I will help you. I will give you three magic spells. If you can use them to put everything right, then maybe the curse will break."

Wave Beryl's magic wand again.

CRABBY

A snappy little tale of grumpy feelings and what to do about them

Beryl says: "Spell Number One: if you are feeling very angry or scared, you can breathe in the ocean and blow out the storm. This is a very powerful spell indeed."

Breathe in deeply and slowly through your nose, then blow out low and slow through your mouth - encourage your story experiencer to join in. You could place their hand on your diaphragm to help them feel your deep, slow breathing; or, place Crabby on their tummy and see if they can make him rise and fall slowly with their breathing. You could combine with bubbles: breathe in and then blow out the storm with the bubbles. Windmills or wind instruments can also work well.

Beryl says: " Spell Number Two: if someone isn't playing nicely with you, say/sign 'Finished' and go away. You don't have to stay and put up with it, you can find something else to do.

Practice saying/signing 'Finished'. Practice with Crabby and make him walk away.

Beryl says: "Spell Number Three: if you don't know what to do and your feelings are too big and too scary, you can ask for help."

Practice saying/signing 'Help'. Practice with Crabby - can he sign 'Help' with his claws?

Beryl says: "Have you got all that, Crabby? You have until the tide turns to break the curse - now go!"

So, Crabby went a-walking along the sea shore.

Crabby went a-walking, let's see what Crabby saw.

Put on Pearl's apron.

First, he went to return the tea cup to Pearl. Pearl says: "I might still let you keep it, but you'll need to play my game again...and win."

Crabby remembered Beryl's spells. Though he really wanted the tea cup, and he was very cross with Beryl and felt like pinching her again, he kept calm. He put the tea cup down on the table, signed 'Finished' and found himself scuttling away.

Make Crabby put the cup down, sign and go. Take off Pearl's apron.

CRABBY

A snappy little tale of grumpy feelings and what to do about them

But he still didn't have a shell, and the tide was beginning to turn.

Use your sea fabric to make waves and cover up a tiny bit of your story experiencer's feet or lap.

So, Crabby went a-walking along the sea shore.

Crabby went a-walking, let's see what Crabby saw.

Get out the jellyfish and make them hide.

Crabby went to return the top hat to the jellyfish. They hid when they saw him coming, which made Crabby feel awful. He remembered Beryl's magic spells. He really wanted to run away, but instead he breathed in the ocean, blew out the storm, and left the top hat on a rock.

Make Crabby do his deep breathing and leave the hat. Bring out the jellyfish and reinstall the hat.

But, he still didn't have a shell, and the tide was now half way up the beach.

Make your sea fabric creep up even higher on your story experiencer's body.

So, Crabby went a-walking along the sea shore.

Crabby went a-walking, let's see what Crabby saw.

Get our your newspaper Wilf and the mooring post.

Crabby went to return Wilf's barnacles. Wilf was very, very happy to have them back. But, Crabby still didn't have a shell, and the tide was nearly at the top of the quayside steps.

Make Wilf flap with joy as the barnacles are returned to his mooring post. Make your sea fabric creep even higher up your story experiencer.

Crabby remembered Beryl's spells, and in desperation he turned to Wilf and cried: "Help me!"

Make Crabby sign 'Help' and hop up and down.

Wilf says: "Of course I will help you, Crabby! I will fly around the harbour and find you a shell. Don't worry - I'll be back as soon as I can!"

Make Wilf flap away.

But it was too late! The tide had come in.

CRABBY

A snappy little tale of grumpy feelings and what to do about them

**Song: And the tide rolled in, and the tide rolled in,
The tide rolled in and the tide rolled in,
The tide rolled back and the tide back,
The tide rolled back and the ride rolled back.**

Sing or play the audio. Use your sea fabric to creep waves up and over Crabby, washing over your story experiencer's lap too, and quickly sneak on Crabby's sparkly shell. On the 'tide rolled back' creep the waves back again and reveal Crabby with his sparkly shell.

Crabby had broken the curse! He now had the most beautiful shell to keep his soft body safe - or at least, until he grew too big and needed a new one. But, with his magic spells to help him, he had become a little less crabby too.

Maybe you can use some of Beryl's magic spells next time you feel crabby?

This shell is so fantastic that it deserves a parade!

Get out your flags, wave, stamp, or march along. Alternatively, use the Story Massage outline.

The End.



Song Lyrics, Audio, Video & How To Access Them

The character songs we use in our performance are traditional Music Hall songs, supplemented by our own original compositions and well-known scouting/guiding songs:

Oh I Do Like To Be Beside the Seaside

John A Glover-Kind, 1909

Oh! I do like to be beside the seaside!
I do like to be beside the sea!
Oh I do like to stroll along the Prom, Prom, Prom!
Where the brass bands play, "Tiddely-om-pom-pom!"
So just let me be beside the seaside!
I'll be beside myself with glee
There's lots of folks beside, I should like to be beside,
Beside the seaside, beside the sea!

Ship Ahoy! (Wilf's Song)

A.J. Mills and Bennett Scott, 1909; adapted lyrics

My dock is marvellous, my dock is splendid
It's the bestest dock in town!
I can see the lighthouse, and the pier,
When I go flapping up and down.
Bright and breezy, covered with seaweed,
It's my only pride and joy.
Oh, I go to bed at ten,
But I'm back each day again,
Ship ahoy there!
Ship ahoy!



Three Dandy Jellyfish

Based on a Scouting/Guiding song

Three dandy jellyfish, three dandy jellyfish
Three dandy jellyfish sitting on a rock
When along comes a huge wave and...
(slurping noise and a pop)

Two dandy jellyfish, two dandy jellyfish
Two dandy jellyfish sitting on a rock
When along comes a huge wave and...
(slurping noise and a pop)

One dandy jellyfish, one dandy jellyfish
One dandy jellyfish sitting on a rock
When along comes a huge wave and...
(slurping noise and a pop)

No dandy jellyfish, no dandy jellyfish
No dandy jellyfish sitting on a rock
When along comes a huge wave and....
(three slurping noises and three pops)

Everybody Loves

Origins not known

Everybody loves fish and chips (clap, clap, clap)
Everybody loves fish and chips (clap, clap, clap)
Everybody, everybody
Everybody, everybody
Everybody loves fish and chips

Everybody loves scones and jam...

Everybody loves strawberries and cream...

Here We Go Round The Teapot (Two Sugars, Please!)

Julia Collar, 2020

Here we go round the teapot,
Go as fast as you like but don't stop
Leave your cake! (click, click)
Don't spill your tea! (click, click)
Join in the race, (click, click)
Try to follow me!
(Clapping rhythm)
Two Sugars, Please!

I'm Forever Blowing Bubbles

John Kellette and Jaan Kenbrovin, 1918; adapted lyrics

I'm forever blowing bubbles,
Pretty bubbles in the air,
They fly so high, nearly reach the sky,
Watch them float up and wave goodbye
Bubbles make happy faces
I see them everywhere,
So, I'm forever blowing bubbles,
Pretty bubbles in the air.

Stream the audio tracks from: <https://soundcloud.com/julia-collar/sets/crabby-songs-for-the-sensory-discovery-pack>

See the video accompanying the pack at <http://www.collarandcuffs.org/the-library-presents.html> or on YouTube or our Facebook page; www.facebook.com/CollarandCuffsCo

What Is A Story Massage?

A Story Massage is a short story where lines are punctuated and/or expressed using combinations of 10 different massage movements. A Story Massage can be delivered to people of all ages, but may be particularly beneficial for young children and those with complex needs where nurturing touch is so vital for regulation, connection and attachment.

Massages are usually delivered on a person's back while they are sitting up, clothed, and without any massage oils, but can also be performed on a person's hands, feet, head or face too. In schools, Story Massages can be delivered peer-to-peer with participants sitting in a circle giving the massage to the person in front, whilst receiving the same massage on their own back from the person behind.

The Story Massage Programme has been developed by Mary Atkinson and Sandra Hooper. For more information visit www.storymassage.co.uk Here you will find out about the training they offer, both online and face-to-face, as well as their shop where you can buy their book 'Once Upon A Touch' and the resources to make your own Story Massages.

For those parents/carers who have not had training in the Story Massage Programme, 'Once Upon A Touch' will guide you through all 10 movements and enable you to interpret the symbols on the Story Massages overleaf. The book also contains a number of Story Massage versions of fairy tales as well as songs, stories for special occasions, seasons, and so forth.



Crabby | Crabby Went A-walking

pages 12, 13, 14, 18 & 19



Crabby



went a-walking



Along the sea shore.



Crabby



went a-walking



Let's see



What Crabby



saw.

Crabby | Oh | Do | Like | To | Be | Beside | The | Seaside

page 20



Oh, I do like to be beside the seaside



Oh I do like to be beside the sea



Oh I do like to stroll along



the prom, prom, prom



Where the brass band plays



tiddly-om-pom-pom



So just let me be beside the seaside



I'll be beside myself with glee



There are lots of folks beside, so I should like to be beside



Beside the seaside



Beside the sea!

Sensory Mindfulness



Mindfulness is a popular concept across many areas of life at the moment, from adverts on our social media feeds, to sessions in the workplace, and schemes within schools; but, what does it actually mean?

Mindfulness is the ability to be 'in the moment': not worrying about the future or regretting the past, but using the here and now to feel grounded and less anxious. Sensory input can help us be mindful, especially if it involves sensations that differ from those we typically come across; for example, how many times a week do you get to squidge cold paint between your toes?

After performances of 'Crabby', we offer our audiences space and time to just be in the space, with us and with each other. We provide open-ended seaside themed objects and trays simply presented: there is no pretty or clever arrangement of items, we tip them in live and in-the-moment in a lovely rattly shower of stuff and let our audience sort through it for themselves. Social media often bombards us with pictures of beautifully presented play invitations, but we often wonder whether these are organised for the adult/provider's benefit and if they feel comfortable about handing them over to the creativity of play.

Sensory Mindfulness



For our older audience members, we do sometimes offer them a challenge: how many shells can they stack up one on top of the other? It is always a wonderful surprise to see how dedicated to the task people can become, experimenting with all sorts of ingenious ideas, collaborating with each other, and holding their breath as towers wobble, or celebrating when someone successfully places another shell - this is our audience's World Record so far, set at The Curve in Slough in 2019: 21 shells.

Some shell-stackers can become very frustrated, but we lie on the floor alongside them, supporting them with our own calm and inviting them to use Crabby's 'ocean and storm' breathing to help them try again - you can't balance shells well when you're stressed out!

Becoming absorbed in the moment is mindfulness in action. It can be playful, it doesn't have to be about meditation or emptying the mind. It doesn't have to be about stillness either.

We offer here a few simple, easy and cheap ways to create a bit of mindful play wherever you are, in order to regulate brains and bodies and connect to each other.

Sensory Mindfulness



Painting with water, especially on a warm day. Brilliant for anyone who struggles with perfectionism: we make marks just to see what will happen, if we make 'mistakes' or an effect occurs we don't like then we wait, it evaporates, and we can make it all over again.



Snipping hay or grass with scissors - it smells lovely, and the repetitive action is very absorbing, as well as working on important fine motor skills. We put dried flowers and herbs in the hay to add in some extra smells and visuals, as well as creating talking points. This was an activity we shared with an all-stage school (5 - 19) for children and young people with Severe Learning Disabilities and Autism Spectrum Conditions.



Playing with bird seed. This has fascinated people from 0 - 99 and with a very wide range of abilities at our Christmas shows (we pretend to feed Christmas robins). It's lovely to swirl with fingers or to let it trickle from a range of heights, to sort into types and colours, to pour between containers, to shake and rattle, to roll around a bowl like a sea/rain drum. It's always warm to the touch as well.

Mix with some peanut butter or melted fat afterwards and press into yoghurt pots to make bird feeders for your garden.

Sensory Mindfulness



Use foil and natural materials (we used cobbles and potatoes, as well as leaves) to create 'rills' or mini rivers.

Construct a channel, fill it with water and see if you can float leaves down it, create new channels branching off, navigate around lumps and bumps in the grass, or even form lakes. Use stones or other heavy objects to weight the rills down.



Make paper boats or rafts, plug leaks, create waterfalls - the only limit is the amount of foil you have! If you fold it up carefully after use then you can also reuse it again another time.

These were created by a 6-year old with autism and his older brother, aged 10, plus both parents. We demonstrated a small rill, and then their imagination took over and they ended up with a complex rill that was over 8 metres long!



Try some 'Rangoli' art by raiding your herbs, spices, and dried foods. Pour and mix, or layer and arrange to make shapes or pictures. The smells and textures can be good for expressing likes/dislikes, talking about where different ingredients come from and how they grow, or making potions.

You can also make Rangoli art with non-food items such as beads, paint powder, sand, or by arranging piles of socks!

Sensory Mindfulness



Make frames out of cardboard and integrate some mindfulness into a walk around your garden or park, and snap some images on a camera. Create frames that are shaped like dinosaurs, rockets, ball dresses, or any shape you can think of!



Arrange natural items found in the garden to create pictures. This one was made by a 7-year old. You don't need to stick the pieces down unless you want to - you can assemble a picture and then tip it off and make something different.

Make it a game by giving everyone three minutes to assemble a picture on a theme e.g. weather, transport, heroes, etc, and then see if you can guess what the images are. Tip them away, then start another round.

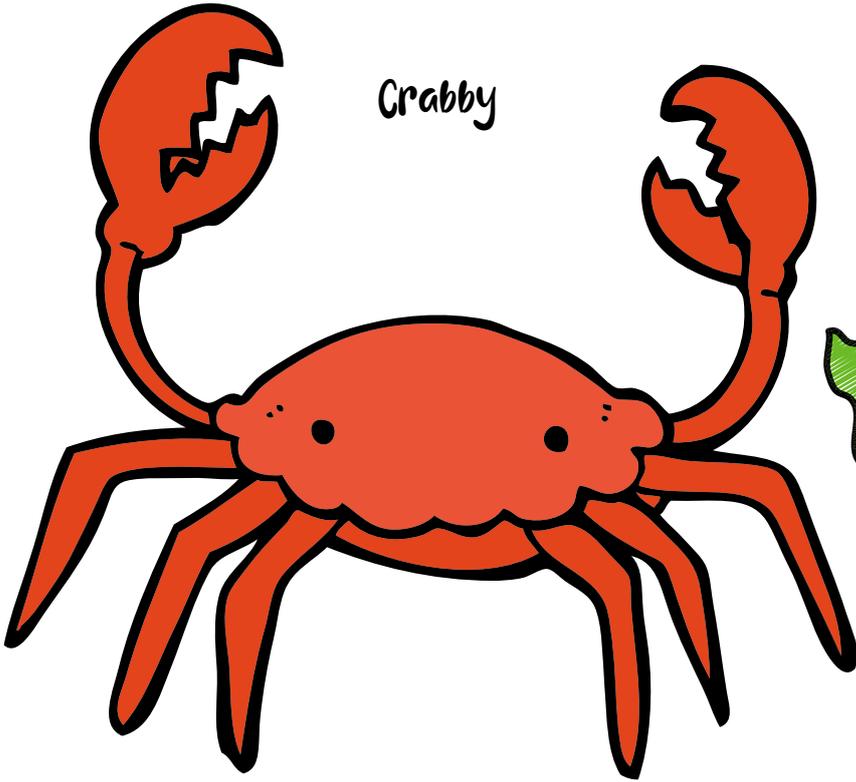


Use old scraps of tissue paper and water to make 'stained glass windows'. Simply dip tissue in water and press on to glass. The dyes will run and create interesting effects, and layering colours creates new ones e.g. yellow and blue will make green.

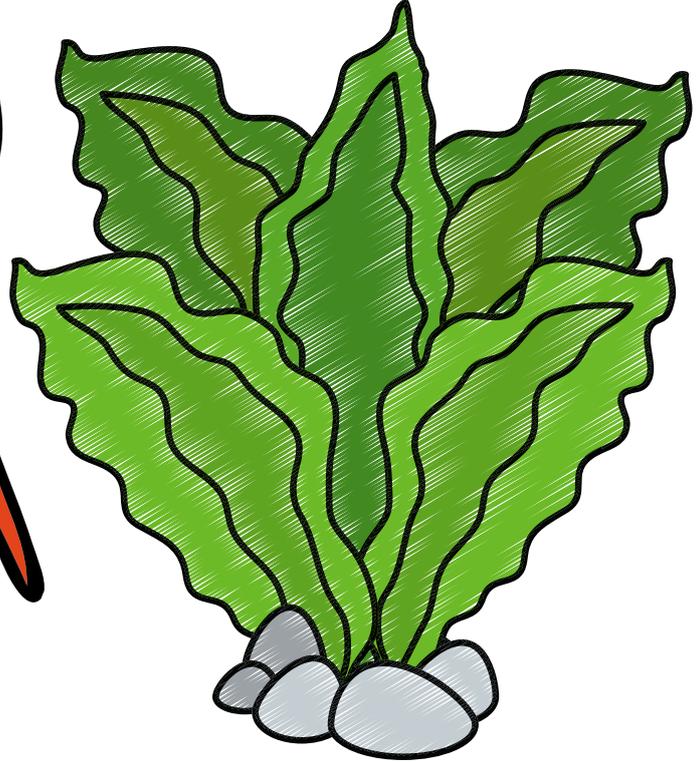
When dry, the tissue can be easily rubbed off. A nice activity to do on patio doors on a rainy day

Crabby Pictures

Crabby



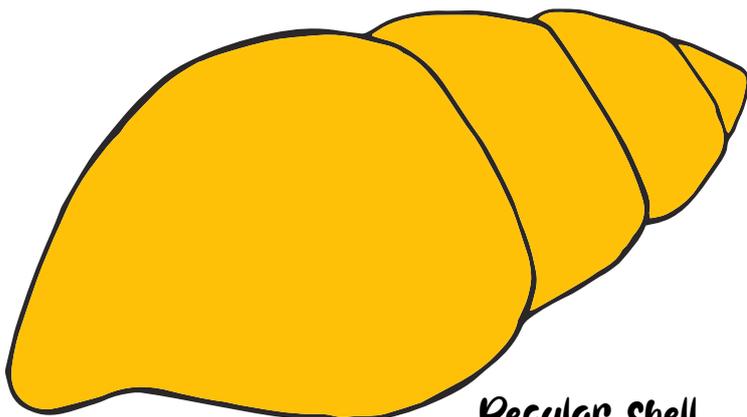
Wilf's Barnacles & Seaweed



Top hat from the Jellies



Teacup from Pearl



Regular shell



Disco shell