

A Sensory Odyssey

Part 1 - Troy



Inspiring Communication

Joe White





We fought for ten long years, a city by the sea.
King Agamemnon battled fiercely to set his wife free.

(Paris had taken away his beautiful wife
To get Helen back he would fight for her life)

Suggested Sensory Resources
Seaweed
Water Bowl
Sea Scent Spray
Blue lighting



Breathing in the scents of Troy, a city of wealth and power.
A rich, fragrant city of cherries, fennel and lily flowers.

(Gates of rough wood and towers of the hardest stone.
King Priam sits within the walls safe on his golden throne.)

Suggested Sensory Resources
Scents, fruits
Wooden pieces
Small Stones
Bright lighting



There have been many deaths on this sandy beach.
Fire, hate, and fury. Battles and anger unleashed.

(The Greek hero Achilles was shot through the heel.
Killed by an arrow made of sharpened steel.)

Suggested Sensory Resources
Sand Tray
Red, yellow Cloth
Arrow with tin foil head
Bright lighting



I am Odysseus the cunning, our army needs a plan.
We've got to destroy the city and I am just the man.

(The Gods Poseidon and Apollo built the walls of Troy
To even up the odds I need to use a mortal's ploy)

Suggested Sensory Resources
Apollo and Poseidon sensory umbrellas
Bust or figure
Fake beard
Walls images



A gift of a wooden horse, inside our soldiers wait
Our army hides, the Trojans open up the gate

(What fools we tricked them their fate is sealed
The horse is pulled inside on wooden wheels)

Suggested Sensory Resources
Wood
Model horse
Gate, squeaking sound effect
Reduce lighting



Once night falls we burst from the horse
Burning the city, an unstoppable force.

(Buildings burn and fires rage
A city destroyed the end of an age)

Suggested Sensory Resources
Smoky smell (Lapsang Souchong tea)
Warm temperature
Red lighting
Clothes to represent fire.



The battle finally won and honour restored.
Disagreements settled with fire and sword

Now I sail home to Ithaca on a wooden ship.
It could be a windy, rough, and stormy trip.

Suggested Sensory Resources
Model boat
Fan
Water spray
Storm Sound effects



Now our sensory adventure has come to an end.
We have learnt about Odysseus and some of his friends.

The End



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About Sensory Stories

Sensory Stories are a combination of spoken words and sensory stimuli. Combining these elements creates a fun and engaging way of telling a narrative that meets the needs of all learners. Sensory stories bring the words to life through a multi-sensory approach ensuring the learners are active participants. It also promotes turn-taking, anticipation and learning to wait. Whilst in this story we use a less pleasant “whiff” none of the sensory stimuli should be aversive to the young person. If they display a negative reaction replace that element of the story. The ultimate aim is to inspire the young person to see the value in communicating.

I recommend stories be told to a group to promote positive interactions and sharing space and air with others. It is also a good idea to repeat the story to gain familiarity and a sense of anticipation.

Sensory elements recommended for use in this story.

Sensory Resources				
Model boat	Smoky smell (Lapsang Souchong tea)	Wood	Apollo and Poseidon sensory umbrellas	Sand Tray
Fan	Warm temperature	Model horse	Bust or figure	Red, yellow Cloth
Water spray	Red lighting	Gate, squeaking sound effect	Fake beard	Arrow with tin foil head
Storm Sound effects	Clothes to represent fire.	Reduce lighting	Walls images	Bright lighting
Scents, fruits	Seaweed	Seaweed	Greek Helmet	
Wooden pieces	Water Bowl	Water Bowl		
Small Stones	Sea Scent Spray	Sea Scent Spray		
Bright lighting	Blue lighting	Blue lighting		

Written by Joe White 2019

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