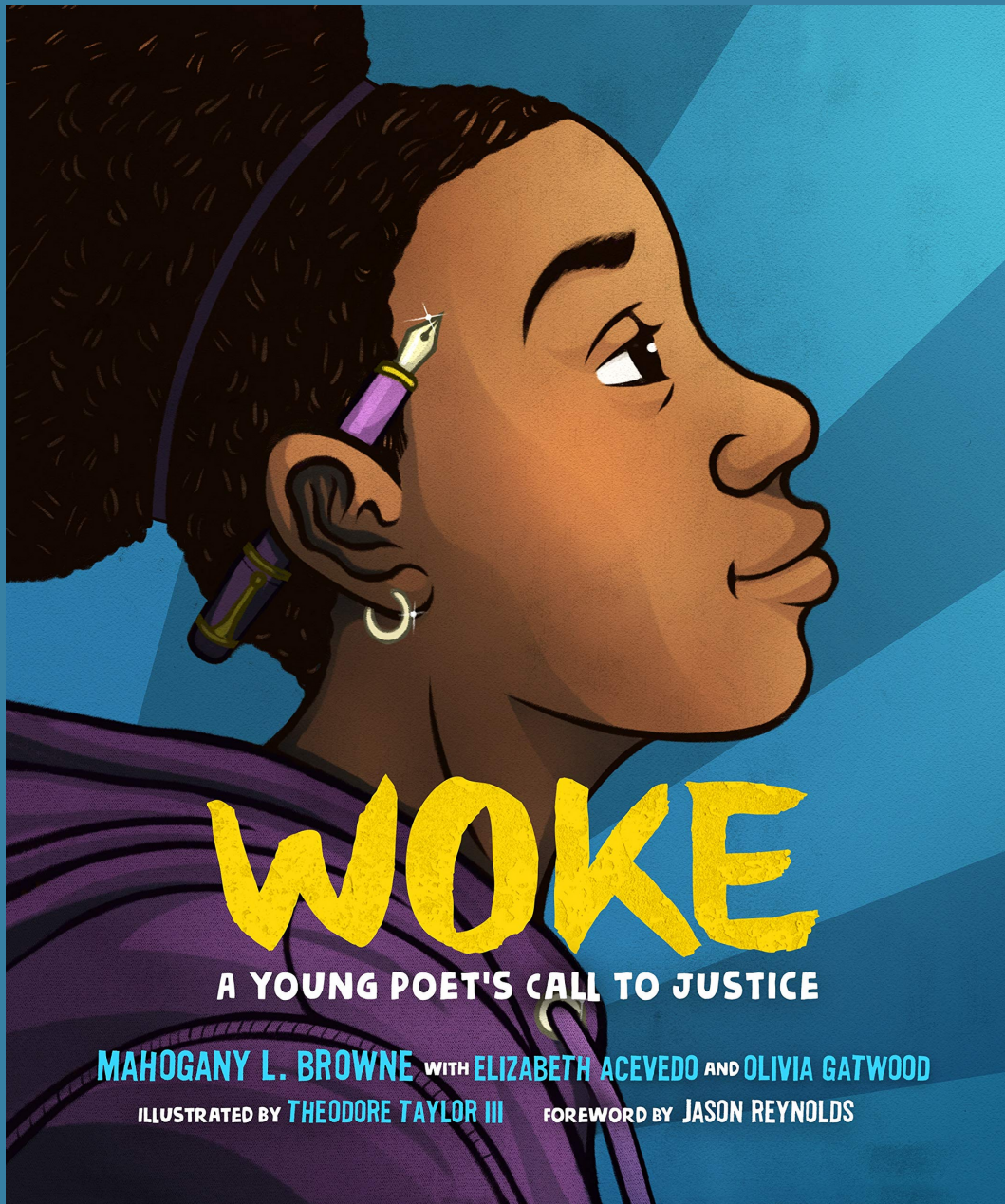


TURNING THE POEM

ROCK THE BOAT

INTO A SENSORY STORY



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We have used a section of the poem "Rock the Boat" written by Elizabeth Acevedo from the book, *Woke: A Young Poet's Call to Justice* – by Mahogany L Browne, to create an accessible sensory story for those who experience the world in a sensory way.

"Historically poets have been on the forefront of social movements. 'Woke' is a collection of poems by women that reflects the joy and passion in the fight for social justice, tackling topics from discrimination to empathy, and acceptance to speaking out."

The poem "Rock the Boat" that we will be exploring is from page 45 in the book.

This sensory story is for companions to do at home with young people. We've aimed for all materials used within the story to be items we hope you can find easily in the home or borrow from a friend.

This story is in 6 parts and can be repeated any number of times.

What you will need:

- A container (e.g. plastic box, bucket, washing up tub)
- Water (Any temperature that suits you)
- Scourer sponge
- Sail boat (Page 9 shows you how to make your own)

Optional:

- Peppermint food essence
- Food colouring (to colour the water)
- Bubble bath or washing liquid

POEM

BEFORE THE POEM BEGINS.

ROCK THE BOAT.

ROCK THE BOAT.

SUGGESTED ACTIVITY

PREPARE THE BOTTLE CAP BOAT AND CONTAINER. FILL THE CONTAINER WITH WATER WITH ANY OPTIONAL EXTRAS YOU MAY LIKE (E.G. PEPPERMINT ESSENCE/BUBBLES/FOOD COLOURING) AND SET IT IN FRONT OF YOU AND THE YOUNG PERSON. THE CONTAINER CAN BE SET AT TABLE LEVEL OR FLOOR LEVEL DEPENDING ON WHETHER YOU WOULD LIKE TO EXPLORE WITH YOUR HANDS OR YOUR FEET. YOU COULD EVEN ALTERNATE BETWEEN BOTH THROUGHOUT THE POEM.

USING A NUDGING MOTION GENTLY MOVE THE CONTAINER ENCOURAGING THE BOAT TO ROCK. PLACE THE YOUNG PERSON'S HANDS/FEET IN THE WATER EXPLORING THE WATER AND ITEMS INSIDE. YOU CAN SPLASH AND MAKE BIG RIPPLES IN THE WATER.

POEM

AND SOMETIMES IT MIGHT
SEEM YOU ARE THE ONLY ONE
WHO CAN SEE OR FEEL THAT
SOMETHING IS NOT QUITE
RIGHT, IN HOW ANOTHER IS
BEING TREATED, OR IN HOW
YOU ARE BEING TREATED.

AND YOU MAY WANT TO BE
QUIET SO AS NOT TO ROCK
THE BOAT,

BUT JUST KNOW,
YOU CONTAIN WAVES YOU
ARE AN OCEAN
YOUR HEART IS AS LARGE AS
LAKES
WHEN IT QUAKES
YOU HAVE TO RISE, AND RISE,

SUGGESTED ACTIVITY

IS NOT QUITE RIGHT:
EXPLORING A TEXTURE THAT
IS IN CONTRAST TO THE
SMOOTHNESS OF THE WATER.
TOUCHING THE ROUGH
SCOURER SIDE OF A DISH
SPONGE.

READ THIS LINE IN HUSHED
TONES. MAKE WHISPERED
REPETITIVE 'SHH" SOUNDS
AND STOP ANY MOVEMENT IN
THE WATER TO LET THE WATER
BECOME STILL.

TOGETHER, START TO CREATE
GENTLE WAVES WITH YOUR
HANDS AND FINGERS OR FEET
AND TOES.

TRY SOME SPLASHING,
FLICKING, SWISHING,
SWIRLING MOVEMENTS WITH
THE YOUNG PERSON. ALLOW
THIS TO GRADUALLY GET
BIGGER.

WHILE READING THIS SECTION
START WITH HUSHED TONES,
AND GRADUALLY INCREASE
YOUR VOLUME WITH EACH
LINE.

THE FINAL LINE SHOULD BE
SAID WITH STRENGTH AND
GLEE!

POEM

AND SOMETIMES IT MIGHT
SEEM YOU ARE THE ONLY ONE
WHO CAN SEE OR FEEL THAT
SOMETHING IS NOT QUITE
RIGHT, IN HOW ANOTHER IS
BEING TREATED, OR IN HOW
YOU ARE BEING TREATED.

ROCK THE BOAT,
ROCK THE BOAT,
WITH LOVE AND HOPE, ROCK
THE BOAT.

YOU CAN REPEAT THIS POEM
AND THE ACTIVITIES AS MANY
TIMES AS YOU WISH.

SUGGESTED ACTIVITY

AS YOU EXPLORE THE
MOVEMENT OF THE WATER IN
YOUR HANDS/FEET , ALLOW IT
TO AFFECT THE BOAT:
TIPPING, TOPPELING,
COLLAPSING INTO THE WATER.
DO THIS TOGETHER, GUIDING
THE YOUNG PERSON'S
HANDS/FEET WITH WARMTH.

START TO SLOW DOWN THE
MOVEMENT IN THE WATER.

LOVE AND HOPE: EMBRACE
THE YOUNG PERSON. WHISPER
THE FINAL "ROCK THE BOAT"
TO THE YOUNG PERSON WHILE
IN AN EMBRACE.

Making a Boat

What you'll need:

- Base: a large plastic bottle/tub lid
- Mast: a lolly stick or cocktail stick
- Fastening: a blob of Blue tac or play dough
- Sail: paper

Cut out a triangle sail from a recycled bag or a crisp packet (washed and let dry) and glue to a lollipop stick to create a sail and mast.

Using a ball of blue tac, stick the lollipop stick to the centre of the plastic jar lids (as seen in the picture to the right).

Fill up a sink, bath or a washing up tub with water and blow on the mini sailboats to make them move.



Please note:

We do not own the rights to this story. If you haven't yet purchased a copy you can do so from any book shop, for example: [HERE](#)

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More information here:

www.gov.uk/guidance/exceptions-to-copyright