

Sensory Seas

School Session Overview

November 2025

Key information		
<p>Length of session: 60 mins</p> <p>Entry Level: Pre-key stage/SLD/MLD/PMLD/ASC/EBD</p> <p>Location(s) of session: National Maritime Museum, ReThink space, Voyagers gallery</p>		
<p>Learning objectives</p> <p>Learners will:</p> <ul style="list-style-type: none"> Develop their social and communication skills Explore and respond to different stimuli in a new environment Take part in song, rhyme, role play and sensory learning 	<p>Curriculum links</p> <ul style="list-style-type: none"> Communication and social interaction Sensory play and development The world around me Topic links: Under the sea, journeys, exploration, environment 	
<p>Key words</p> <p>Sailing, Sails, Rope, Storm, Sailor</p>		
<p>Overview of the session</p> <p>Each session is adapted to the group. Activities may vary and be introduced at different times to give each group a unique experience that matches their needs.</p>		
<p>Introduction</p> <p>Facilitator greets the group and introduces a story about a sea journey. Learners are given props to become explorers too, preparing for an adventure.</p>		
<p>Antarctica</p> <p>Learners mime putting on cold-weather gear and board their ship. They work together to set sail by heaving ropes, hoisting a sail, and singing sea shanties. Learners then have a quiet moment "sleeping" under the stars (with starlight prop), then wake up as they approach the cold Antarctic. Upon arrival, learners engage in sensory play with objects including snow and ice packs. The learners are warned of an approaching storm, forcing a quick return to the ship.</p>		
<p>Storm and Shipwreck</p> <p>A storm is created and mimed using movement and sound instruments, like thunder shakers. After the storm passes, the ship makes it to a Pacific Island.</p>		
<p>Pacific Island</p> <p>On the Pacific island, learners engage with coconuts and fish while singing sea shanties.</p>		
<p>Ending and Plenary</p> <p>The group return back to Greenwich on the ship. The facilitator uses pictures and objects to retell the story, using call and response to engage with the learners. At the end, learners are invited to choose their favourite part of the adventure.</p>		

Suggested pre visit activities	Suggested post visit activities
<p>Use the sensory stories resource to explore the picture book <i>Immi</i>.</p> <p>Listen to the sea shanty below.</p> <p>Use and adapt the visual guide below to create a social story</p> <p>Prepare a small sensory basket to introduce textures. You could include rope, fabric, ice pack, sand or coconut shell</p>	<p>Retell the journey using objects as reference.</p> <p>Revisit the sea shanty from the session.</p> <p>Explore warm and cold with ice, fans and heat mats.</p>
Links to useful resources	
Sensory Stories Royal Museums Greenwich	
Sign-along Sea Shanty Royal Museums Greenwich	
Stories from the Sea: Exploration Royal Museums Greenwich	
National Maritime Museum Visual Guide Royal Museums Greenwich	