

## Example of an outline – Armchair travel to Hong Kong

Use this outline to create your own story. Take account of people's likes and dislikes. If you don't know, use your observational skills and note down the things people like and don't like

1. Show a picture of an aeroplane
  - a. If Smart TV show pictures of aeroplane on TV
  - b. If you have a Big Mac switch record sounds or aeroplane take off
  - c. Use a phone/iPad to play sound of aeroplane take off
2. Pass around flannels soaked in lavender and hot water to smell and feel (make sure they have cooled)
3. Remind everyone where we are going
4. Exercises in the chair to prevent DVT (sit in lounge chairs, wheelchairs. We set up chairs in rows to simulate aeroplane rows)
5. Arrived and walked around the streets of Hong Kong – walked around the chairs
6. Provide water to explore to represent the water you can travel over on the Star Ferry in Hong Kong. Wave large piece of blue material up and down or individually wave blue scarves.
7. Visit the bird market. Explore feathers. Put feathers on blue material and people either hold one end each and move the material or use a fan to blow the feathers around. Hold material over a person to feel the wind (if they like this). Download bird sounds to listen to
8. Visit Temple Street Market and feel the different fabrics of the clothing there – get different types of scarf and fabrics
9. Visit the flower market. Provide flowers to smell and feel, rubbing the petals on hands.
10. Visit the spice market. Provide spices to smell and feel
11. Look at the Hong Kong Skyline at night. Shine torches onto holographic paper, silver foil, survival blanket in a darkened room and see if people look at the bright lights and track light.
12. Finish the trip by going to the Peninsula Hotel for a Hot Chocolate and taste some chocolate