

A Walk through the Eighties

Script

It's back to the 1980s, the era of big hair and shoulder pads.

Sensory Activities

Encourage your learners and staff to try on a range of big wigs while looking at themselves in the mirror.

Script

When everyone knew who JR was and loved to watch the Bisto gravy ads.

Sensory Activities

Support your learners to try on a selection of cowboy hats to represent JR.

Mix some gravy granules with a small amount of warm water (to create a strong aroma).

Script

At the start of the decade we met someone called Lady Di
She then became a Princess – so pretty, my, my!
With her blonde hair, big eyes and pretty clothes
She was so popular and a trendsetter, as everyone knows

Sensory Activities

Show your learners images of Lady Diana.

Allow them to explore and try on (if appropriate) some princess or prince type jewels – rings, necklaces, crowns, brooches or medals. Use the mirrors to encourage your learners to look at themselves. Comment on how regal everyone looks.

Script

Then Princess Diana had a baby and William was his name
They went on their first holiday to Australia on a great big aeroplane!

Sensory Activities

Introduce baby dolls to your learners and allow everyone to meet Prince William. Encourage your learners to hold him, say hello, touch him, etc.

Resource 5: A Walk through the Eighties (2 of 4)

Script

In the eighties everyone loved music, many liked heavy metal and rock
The male singers had long hair, all the way down their back
They wore tight jeans and a T-shirt and sometimes a leather jacket
For some their music was amazing and others it was a pure racket!

Sensory Activities

Darken the room slightly and tell your learners they are going to a rock concert. Play a clip of a rock band on a large screen or project it onto a wall.

Give your learners toy or inflatable guitars, wigs, leather jackets etc. With both the learners and the staff dressed up, encourage them to rock to the music. Exaggerate your movements and encourage your learners to move back and forth in time to the music. Make use of any space you have. You could extend this activity by inviting staff and learners from another class to be the audience for your concert. Some may like it and some may not. It's all part of the fun and learning experience. Extend the activity by playing a selection of heavy metal or rock tracks available on Audio Networks. Observe how your learners react.

Script

TV programmes were for families and full of fun
The Generation Game was about the most popular one
Families had to take part in games, like wrapping a present for a boy
And the winner had to name things on a conveyer belt, including the cuddly toy

Sensory Activities

Play the theme tune to The Generation Game (available from www.televisiontunes.com)

Play a range of games and introduce a range of sensory experiences over several weeks. Search online for The Generation Game for ideas.

The one consistent item is the cuddly toy. Give your learners different sized teddies. Encourage them to feel, hold, look at and celebrate having the cuddly toy.

Script

During the 1980s we met ET, the cutest creature from outer space,
He made friends on earth and even went on a bicycle in a fast and furious race
ET was so cute, but far away from space he did roam,
And all he really wanted was to go home

Sensory Activities

You will need some space for this activity. Give each learner a basket and a laminated picture of ET wrapped in a white blanket. As you prepare, explain to your learners that they are off on their bicycles on a very fast race. Support your learners to move between obstacles (such as cones or peers) and see who gets back to their place first!

Support each learner to press the recordable button to hear ET's message.

Script

The CD was invented and used at all the cool parties
Where you could eat cocktail sausages, meatballs and tons of Smarties!

Sensory Activities

Give each of your learners an old CD to explore and look at their reflection in. Talk about the shape etc. You could make a CD mobile with your learners. Hold it at different positions to encourage tracking, head control, etc.

Depending on each learner's needs, you could introduce some eighties party food. Encourage your learners to smell or look at the food. For those who are able to taste, this is a good opportunity to try new things.

Script

Cheese, pineapple and pickled onion on cocktail sticks were so on trend
And playing pass the parcel sent some of the kids round the bend

Sensory Activities

Play pass the parcel. Pass a wrapped present from one learner to the next. Support each learner to open one layer of wrapping when the music stops and the parcel is on their knee. Make a big noise and fuss when you get to the last layer of wrapping paper.

Script

Oh those were the great days when Pac-Man was the game to play
The aim was to not get killed and keep out of the way
You had to be quick to eat the dots and dodge the ghosts
That was a long time before those Facebook gaming posts!

Sensory Activities

Role play a maze game such as Pac-Man. Invite a learner and a member of staff to dress up as Pac-Man (search online for 'eighties Pac-Man costume' for ideas). Encourage the other learners and staff to dress up as ghosts or dots. If you're a dot and Pac-Man catches you, then you must sit out the rest of the game. The Ghosts chase Pac-Man. If a ghost catches Pac-Man, another learner must replace him.

This will work particularly well if you darken the hall or room and use white costumes with ultraviolet light to create a more game-like feel. Play Gaming from *Audio Networks* to add the sound effects of the game. Search online for information about Pac-Man.

Script

As far as fashion goes, the eighties reigns supreme
The teens liked to wear clothes in fluorescent pink or green!
Leg warmers were so popular and fingerless gloves too
And earrings so big you could put your hands through!

Sensory Activities

Give your learners lots of samples of fluorescent material, leg warmers or clothes to touch, feel and look at. If possible, use an ultraviolet light to enhance the effect.

Depending on allergies and your learners' individual needs, you could use fluorescent paint on different parts of staff and learners' bodies to encourage exploration, body awareness and tracking. Encourage your learners to make fluorescent patterns on large sheets of paper on the floor. Support them to make marks with wheelchair wheels, hands, feet, elbows etc. Create an explosion of eighties colour.

Encourage each learner to try on some legwarmers and fingerless gloves (available online). Support them to try different textured gloves (cut fingertips off ordinary gloves) for example wool, lace, cotton or rubber.

Encourage your learners to explore a range of eighties jewellery.

Finish this activity by listening to Michael Jackson's *Thriller*. Darken the room and explain that everyone needs to be alert as there may be a few surprises. Use a range of torches and flashlights to attract your learners' attention. Turn these on and off sporadically at different angles to each learner. Look for startling, awareness, tracking and anticipation. Use the space you have. Depending on the age of your learners, you could introduce some skeleton hands. Use these to shake each learner's hand or tap them on the shoulder.

Script

So that's the end of our visit to the eighties, but there's so much more to learn
Maybe next time we will find out about Michael Jackson's *Thriller*, or why
everyone wanted a perm!