



DO IT YOURSELF

REMEMBERING 11 O'CLOCK

multi-sensory story



Remembering at 11 o'clock

by Nina Martinez

In fields far away, where brave people once walked, bright red poppies grew. These flowers bloomed all around, reminding us of the heroes who kept us safe.

Number 11 or clock **Every year, there is a special time when we all stop to remember. It happens at 11 o'clock on the 11th day of the 11th month.**

Make a large number "11" on card or foam for the listener to feel. Alternatively look at the hands on a clock. Allow them time to focus on the special number.

Poppy **On the days before and on this day, people wear a little red flower called a poppy. We wear it to show we care and to remember.**

Allow the listener to feel/ hold a silk or paper poppy to feel its texture, and gently touch it to their clothing or near their heart.

Feather or fan **When the clock says 11 o'clock, we pause and take a quiet moment. This moment is peaceful, like a gentle breeze.**

It's a quiet moment.

With a soft feather or handheld fan gently wave the feather or fan near the individual's face to create a soft breeze. As you do so, repeat the words "It's a quiet moment."

Heart shape or Makaton **All around the world, people are remembering together at this special time. We join them by wearing our poppies and saying thank you.**

Make heart-shape to feel or Makaton sign for "Thank you".

Big Ben Chimes **At 11 o'clock, on the 11th day of the 11th month, we say, "We will remember you" with love in our hearts**

Play the link to Big Ben striking 11am

Blanket **Once more we say thank you to our brave men and women who fought for our country to make us feel safe.**

Cover the listener in a blanket to demonstrate safety / warmth

Items needed for this story:

Number 11 made out of card/foam or clock

Poppy

Feather or fan

Heart shape

Blanket

YouTube Links:

YouTube link for example of Makaton Sign – Thank you

<http://www.youtube.com/watch?v=x22Ye0uiTMY>

Credit to: Learn Makaton

YouTube link for Big Ben 11 o'clock chimes: <http://youtu.be/ziqJoNovHcc?si=leQFzsjkyHbdGyCt>

Credit to: @bigben3350

Health and Safety: Multi-sensory books should not be left with unsupervised children and/or people with learning disabilities. It is advisable to check the books periodically to ensure that they are intact and safe to use. Store out of reach of children and/or people with learning disabilities.

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