

START POINT



Place both hands on the shoulder blades.

Your hands should be flat and side-by-side.

5. The anchor starts to go up, slowly at first, and then faster and faster...

Starting at the elbows, move up both upper arms, gently squeezing and releasing as you ascend.

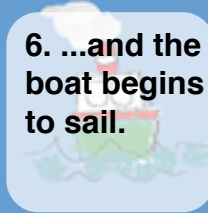
1. It is a sunny day...



Make a large circle, with both hands moving together, repeating this several times.

Adjust the pressure to suit the individual.

6. ...and the boat begins to sail.



Using Makaton, sign "boat" so the child can see it. Keep your hands in this position, and slide the sides of your hands all over their back.

10. ...until there is a storm!



Make a fist and use the sides to drum all over their back for the rain. Clap on their back using your flat palms for the thunder, and then zig-zag using the sides of your hands for lightning. Add sound effects.

2. ...and we get on the bus to go to the seaside!

Keep your hands flat, and slide them from left to right all over the back for the sliding door movement, before gently clapping them on the back for the slamming of the door.

7. The wind is blowing gently and the sea is calm.

Use your fingertips to gently sweep across the back – to and fro – for the motion of the wind.

12. Finally, the sun breaks through the clouds and everything is still.

Repeat **Movement 1** once for the sun.

3. At the seaside we see a boat.



It has lots of steam coming out of its large funnel.

Make circular movements with your knuckles, across the whole of the back.

8. The wind begins to get stronger and stronger...

Repeat **Movement 7**, but increase the pressure and speed.

4. We climb up the steep gangway to get on the boat.

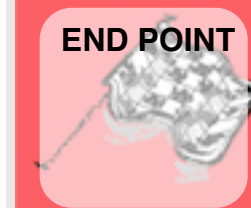
Starting at the base of the spine, climb up the back using alternate hands.

Also use a combination of flat hands and your fists to replicate a climbing motion.

9. ...and the sea gets rougher and rougher...

Use the sides of your hands to make large waves over the back.

END POINT



Place both hands back on the shoulder blades.

Your hands should be flat and side-by-side.