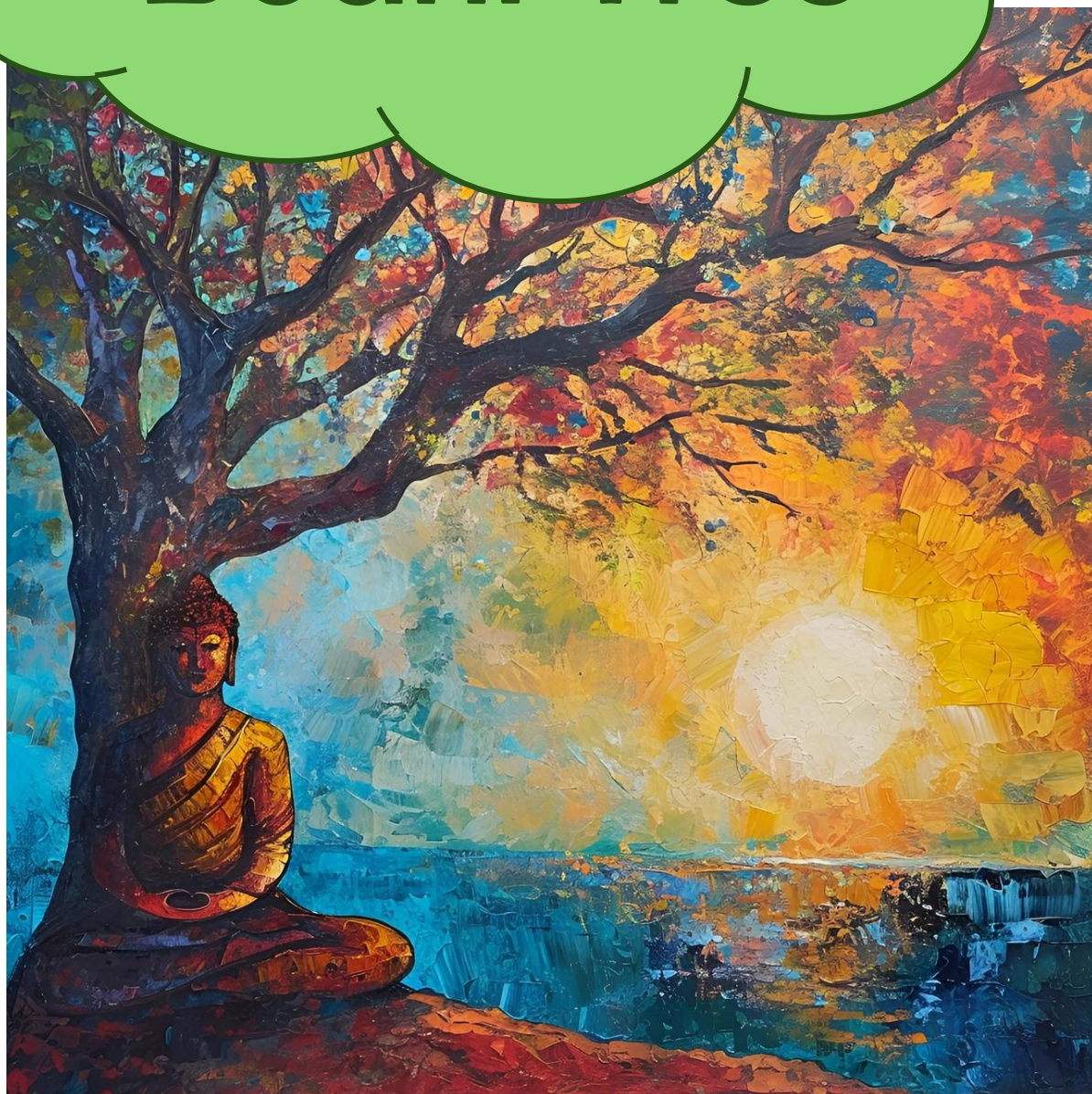


Under The Bodhi Tree



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A Sensory Story by
David Babatunde Wilson

Transition Music

Music is integral to so many sensory stories. Consistent transition music at the start and end of a story helps to enable children and young people to anticipate what is coming next and to participate more fully in the story-sharing process. They also help to set the mood for the story.

Please feel free to choose your own transition music. The following are only suggestions, but you will need two contrasting pieces (possibly using different instruments:

Introductory music:

- Hang Massive - The Secret Kissing of the Sun and Moon (hand pan music)

<https://www.youtube.com/watch?v=nvmOoSfhhJ4>

Story ending:

- Buddha's Flute - Heart's Awakening

https://www.youtube.com/watch?v=wavV_vy7ZUU



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Resources

You will need some sensory resources available for this story. Please select the ones that are easiest for you to access.

- Indian flag
- Prayer bowl
- Tea lights
- Variety of leaves
- Large branch
- Plant pots (different sizes)
- Jug & bowl
- Salt water
- Sound switch - breaking waves
- Sound switch - "help me"
- Screen sounds - people talking
- Feathers
- Monkey toy/puppet
- Large, heart shaped cut-out leaves
- Post-it notes
- Sound switch - slow heart-beat
- Heart-shaped cushion
- Balancing stones

Sensory resources should include tactile and physical activities.



Resources & sensory experiences

- Indian flag waved above children & young people
- CYP wave Indian flag (gross motor)

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**A long time ago in
India...**

Resources & sensory experiences

- Strike a Buddhist prayer bowl (students participate)
 - Tea-light

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**A man called Siddhartha
Gautama wanted to find
wisdom and peace**

Resources & sensory experiences

★ Walk around room
(Gross motor skills)

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**He travelled all over
India and beyond**

Resources & sensory experiences

- Sensory tactile exploration of different leaves (including smell of pines)
- Stand/sit under large tree branch

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**“Can you help me find wisdom
and peace?”
he asked the forests and the
trees**

Resources & sensory experiences

- * “Mountains” made of different size plant pots upside down
- * Young people step up and down on bench & obstacles





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**“Can you help me find wisdom
and peace?”
he asked the mountains and
hills**

Resources & sensory experiences

- Jug & bowl – sound of running water
- Hands in bowl of water

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**“Can you help me find wisdom
and peace?”
he asked the rivers and lakes**

Resources & sensory experiences

- Splash students with fresh water
 - Taste salt water
- * Sound switch – waves breaking



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**“Can you help me find wisdom
and peace?”
he asked the sea and the waves**

Resources & sensory experiences

- Sound switches – “help me”
- Screen sounds – people talking





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**“Can you help me find wisdom
and peace?”
he asked the people he met**

Resources & sensory experiences

- Bird feathers
- Puppet/soft toy monkey





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**“Can you help me find wisdom
and peace?”
he asked the monkeys and the
birds**

Resources & sensory
experiences

Sitting down and standing
up (gross motor skills)





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**But he still hadn't found
wisdom and peace**

Resources & sensory experiences

- Large, heart shaped, cut-out leaves
- Branch with leaves waving over students

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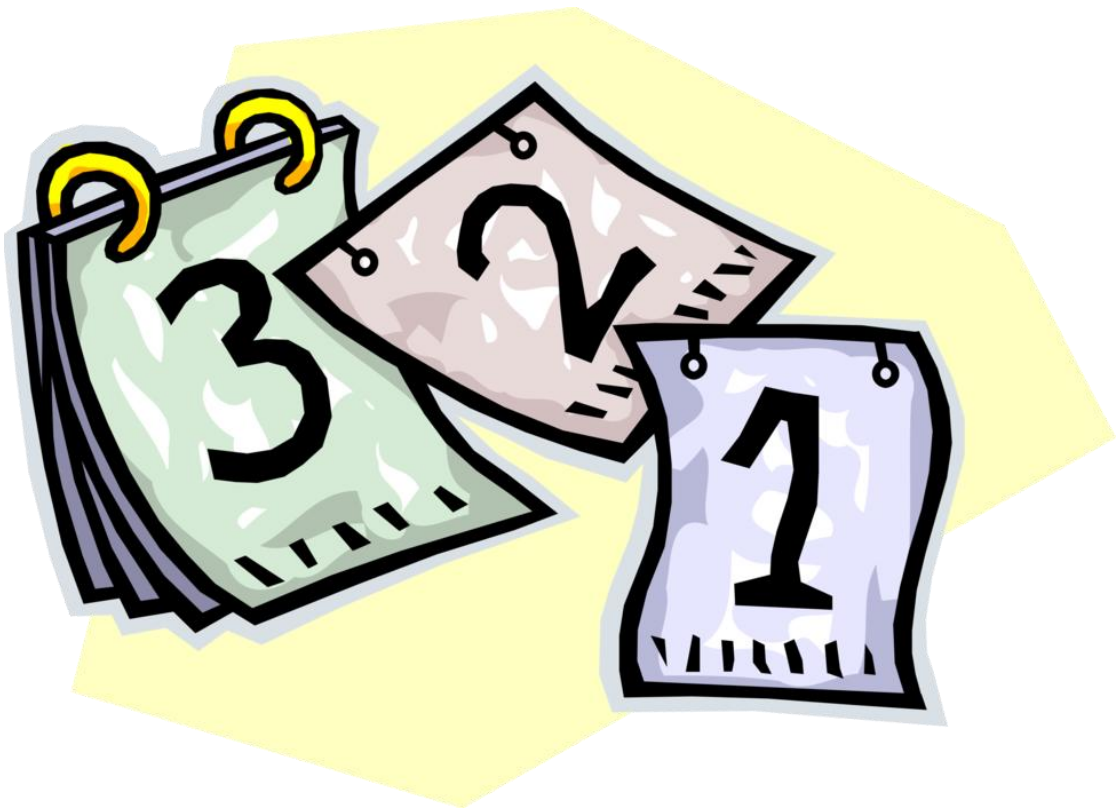
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**Guatama was very tired.
He sat to rest under a peepal
tree.**

Resources & sensory experiences

- “Rip out” 7 post-it notes from a diary
- Sitting very still (fine motor)

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He sat under the tree for seven days and seven nights.

Resources & sensory experiences

- Sound switch – slow heartbeat
- Heart-shaped cushion



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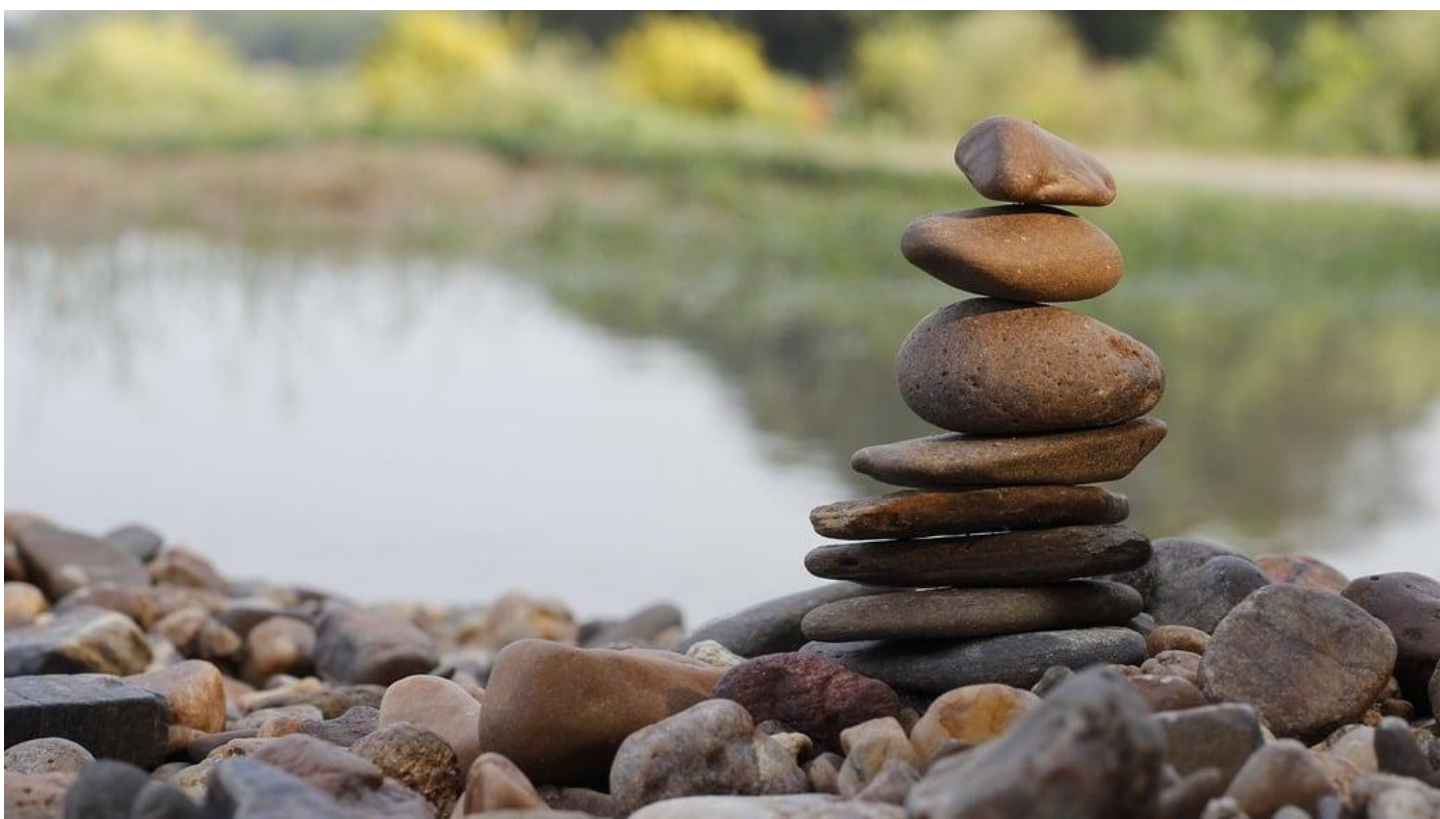
He stopped worrying about finding wisdom and peace and started to listen to his heart.

Resources & sensory experiences

- Prayer bowl
- Balancing stones

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**And as he listened to his heart,
Guatama found wisdom and
peace...**

Resources & sensory experiences

- ★ Students sit under leaf-covered branches



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Under the Bodhi Tree



Though he was born in Nigeria and brought up in Botswana, David Babatunde Wilson is settled in North Yorkshire. He divides his time between his jobs as a Dad, household cook, Guide helper, writing poetry and working as a Special Needs teacher.

David has had poems published in a variety of online and paper publications including Disabled Tales, View from Atlantis, Beyond the Pane, the Ledbury Poetry Festival and an anthology celebrating Rare Disease Day 2025.