

TURNING

Sulwe

INTO A SENSORY STORY

LUPITA NYONG'O

Sulwe

#1 New York Times Bestseller



ILLUSTRATED BY

VASHTI HARRISON

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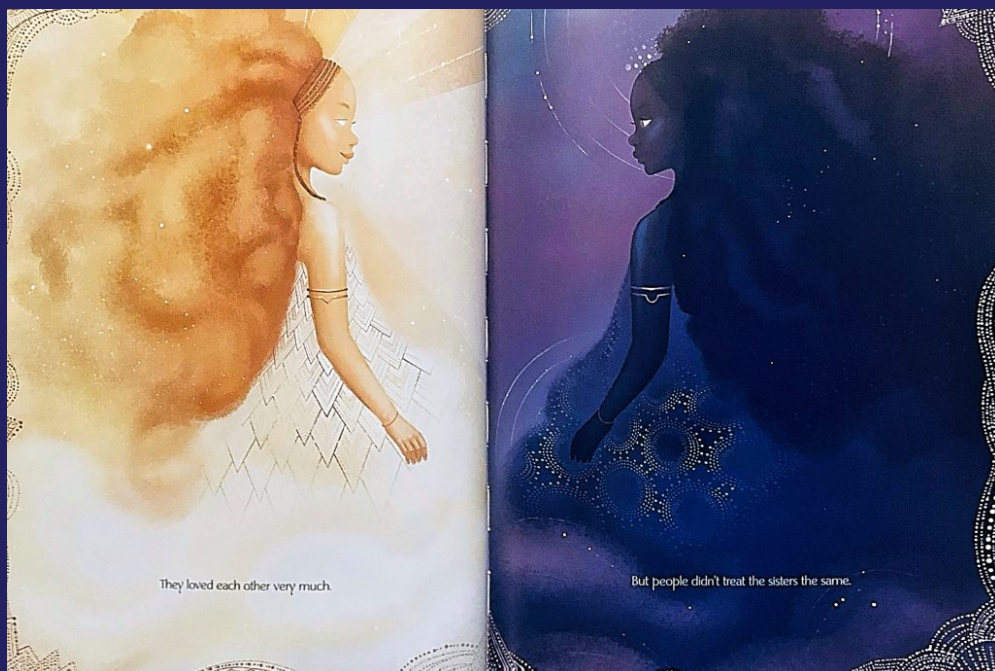
We have used a section of the children's book *Sulwe*, written by Lupita Nyong'o and illustrated by Vashti Harrison, to create an accessible sensory story for those who experience the world in a sensory way.

"Sulwe's skin is the colour of midnight. She's darker than everyone in her family, and everyone at school. All she wants is to be beautiful and bright, like her mother and sister. Then a magical journey through the night sky opens her eyes and changes everything. Lupita Nyong'o creates a heartwarming story to inspire children to see their own unique beauty."

The section of the story we will be exploring is from page 17 to page 36 in the book. We will explore Night and Day.

This sensory story is for companions to do at home with young people. We've aimed for all materials used within the story to be items we hope you can find easily in the home or borrow from a friend.

This story is in 15 parts.



ILLUSTRATED BY VASHTI HARRISON

What you will need:

- Torch or white finger light
- Dark bed sheet
- Kaleidoscope (Page 11 in this document shows how to make your own)
- Mirror
- Pillow
- Silver objects (eg. 50p coin, tin foil)
- Gold Objects (eg. Jewellery, coins)
- A silver colander
- Yellow tissue paper or translucent sweet wrapper
- Blue tissue paper or translucent sweet wrapper

Optional:

- Lavender Essential Oil

STORY

BEFORE THE STORY BEGINS.

A SHOOTING STAR APPEARED AT SULWE'S WINDOW. "THE NIGHT SENT ME" THE STAR SAID "COME WITH ME". SULWE HOPPED ONTO THE STAR AND OFF THEY WENT.

LONG AGO AT THE BEGINNING OF TIME, THERE WAS NIGHT AND DAY, AND THEY WERE SISTERS. THEY LOVED EACH OTHER VERY MUCH, BUT PEOPLE DIDN'T TREAT THE SISTERS THE SAME.

SUGGESTED ACTIVITY

SET UP THE SPACE BY DIMMING THE LIGHTS IN THE ROOM AND GETTING COMFORTABLE UNDERNEATH A DARK SHEET (PERHAPS A BED SHEET) TOGETHER WITH THE YOUNG PERSON. HAVE A TORCH OR FINGER LIGHT READY.

USING THE TORCH OR FINGER LIGHT TO CREATE A SHOOTING STAR. MOVING THE LIGHT QUICKLY.

USING TRANSLUCENT SWEET WRAPPERS OR TISSUE PAPER (YELLOW AND BLUE) HOLD THE SWEET WRAPPERS OR TISSUE PAPER OVER THE TORCH AND SHINE THE COLOURED LIGHT ONTO THE PALMS AND ARMS OF THE YOUNG PERSON.
YELLOW: DAY
BLUE: NIGHT

STORY

PEOPLE GAVE DAY PET NAMES LIKE "LOVELY" AND "NICE" AND "PRETTY". PEOPLE GAVE NIGHT NAMES LIKE "SCARY" AND "BAD" AND "UGLY". SHE FELT HURT EVERY TIME.

WELL, NIGHT GOT FED UP AND WALKED RIGHT OFF THE EARTH.

DAY STAYED BEHIND AND ENJOYED MAKING EVERYBODY HAPPY IN THE SUN. BUT THEN DAY GREW TOO LONG. DAY BEGAN TO REALLY MISS HER SISTER. SO DID EVERYBODY ELSE.

THERE HAD TO BE A WAY TO GET HER BACK. DAY SET OFF TO FIND NIGHT, AND SHE DID. "I MISS YOU." SAID DAY. "I MISS YOU TOO," SAID NIGHT. "BUT YOU DON'T KNOW WHAT IT'S LIKE TO BE TREATED BADLY, FOR BEING DARK"

SUGGESTED ACTIVITY

USING YOUR FINGERTIP, SAY THE PET NAMES AND TRACE THEM ON YOUR COMPANION'S ARM OR PALM.

SLOWLY LIFT OFF THE DARK SHEET UNTIL YOU ARE IN A LIGHT ROOM AGAIN. DO THIS SLOWLY SO THAT YOUR EYES CAN ADJUST TO THE CHANGE.

ENJOYED MAKING EVERYBODY HAPPY: SOFT VOCAL HUMMING WITH AN UPWARD INFLECTION. DAY BEGAN TO REALLY MISS HER SISTER: SOFT VOCAL HUMMING WITH A DOWNWARD INFLECTION.

EMBRACE/HUG THE YOUNG PERSON FOR THE DURATION OF THIS SECTION.

STORY

"YOU'RE RIGHT, I DON'T," DAY REPLIED. "BUT WHAT I DO KNOW IS THAT WE NEED YOU JUST THE WAY YOU ARE. COME AND SEE"

NIGHT RETURNED AND THE PEOPLE REJOICED.

"WE NEED THE DARKEST NIGHT TO GET THE DEEPEST REST. WE NEED YOU SO THAT WE CAN GROW AND DREAM AND KEEP OUR SECRETS TO OURSELVES."

THE STARS CHIMED IN "BRIGHTNESS ISN'T JUST FOR DAYLIGHT. LIGHTNESS COMES IN ALL COLOURS, AND SOME LIGHT CAN ONLY BE SEEN IN THE DARK."

SUGGESTED ACTIVITY

USING A MIRROR, SHOW A REFLECTION OF THE YOUNG PERSON TO THEMSELVES.

CHEERS OF JOY AND CLAPPING! GENTLY LIFT THE YOUNG PERSONS ARMS IN THE AIR TO CHEER.

USING A PRE-PREPARED PILLOW, (LAVENDER SCENTED OPTIONAL) EXPLORE THE TEXTURE OF THE PILLOW AROUND "DEEPEST REST" AND "DREAM".

LIGHTNESS COMES IN ALL COLOURS: USING YOUR PRE-MADE KALEIDOSCOPE LOOK THROUGH TO SEE ALL THE COLOURS.

STORY

"WHILE DAY HAD A GOLDEN GLOW, WITH NIGHT EVERYTHING HAD A SILVER SHEEN. ELEGANT AND DEFINED.

DAY TOLD HER SISTER "WHEN YOU ARE DARKEST, IS WHEN YOU ARE MOST BEAUTIFUL. IT'S WHEN YOU ARE MOST YOU." COULD IT BE THAT NIGHT DIDN'T NEED TO CHANGE, NOT EVEN A LITTLE, NOT EVEN AT ALL?

SUGGESTED ACTIVITY

USING SOME GOLD AND SILVER ITEMS FROM HOME (MAYBE GOLD JEWELLERY, A GOLD POUND COIN, A SILVER 50P, SILVER TIN FOIL, A SPOON ETC) SHINE THE TORCH ON THE METALS TO CREATE A SHINE.

GOLDEN GLOW: SHINE THE LIGHT ON SOMETHING GOLD.

SILVER SHEEN: SHINE THE LIGHT ON SOMETHING SILVER.

YOU COULD EXPLORE THE TEXTURES OF EACH OF THESE ITEMS USED. IS THE METAL COLD TO TOUCH? IS IT SOLID? IS IT SMOOTH? HOW DOES IT FEEL ON YOUR SKIN?

PLACE THE SHEET BACK OVER YOU AND THE YOUNG PERSON. SITTING IN THE DARK TOGETHER SIMILAR TO THE START OF THE STORY.

STORY

NOW THAT NIGHT AND DAY WERE BACK TOGETHER, A LITTLE BIT OF NIGHT RETURNED TO DAY IN THE FORM OF SHADOWS AND A LITTLE BIT OF DAY RETURNED TO NIGHT IN THE FORM OF MOONLIGHT.

THEY WERE INSEPARABLE. FROM THAT MOMENT ON AND PROMISED TO CELEBRATE THE BRIGHTEST IN EACH OTHER. WHETHER PEOPLE CHOSE TO SEE IT OR NOT.

"YOU SEE," THE STAR EXPLAINED. "WE NEED THEM BOTH. ON THEIR SUNNIEST DAY AND THEIR DARKEST NIGHT AND EVERY SHADE IN BETWEEN. TOGETHER THEY MAKE THE WORLD WE KNOW, LIGHT AND DARK, STRONG AND BEAUTIFUL."

SUGGESTED ACTIVITY

SHINE THE TORCH AT THE SHEET ABOVE YOUR HEADS THROUGH A COLANDER. LOOK UP AT THE STARRY SKY.

HOLDING THE YOUNG PERSON'S HAND TIGHTLY WITH LOVE AND AFFECTION.

SHINE THE TORCH THROUGH THE YELLOW AND BLUE SWEET WRAPPERS/TISSUE PAPER TO CREATE GREEN. SHINE THE GREEN LIGHT OVER THE YOUNG PERSON'S HANDS AND ARMS.

Making a Kaleidoscope

What you'll need:

- Paper Cup
- Paper Plate
- Scissors
- Tape
- Glue (Optional)
- Pen or pencil
- A colourful selection of translucent wrappers or tissue paper

Place the cup at the centre of the plate and trace around it. Cut out inside of the circle. You'll be left with a hole in the middle of the plate.

Stick a selection of colourful wrappers/tissue paper over the hole with tape or glue.

Take the paper cup and push out the bottom so that you can look all the way through.

Attach the cup to the plate using tape.



Please note:

We do not own the rights to this story. If you haven't yet purchased a copy you can do so from any book shop, for example: [HERE](#)

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www.gov.uk/guidance/exceptions-to-copyright