



DO IT YOURSELF

# THE SECRET INGREDIENT

multi-sensory story



# The Secret Ingredient

by Stuart Cummings

- Recipe book**      **“Now where’s that recipe book? Ah! Here it is!”**  
*They flick feel/flick through recipe book looking at pictures.*
- It was Anika’s birthday, and Sabrina had promised her she’d make a chocolate birthday cake.**
- Board or similar hard surface**      **As Sabrina started getting the ingredients out, she heard the pitter-patter of claws on the tiled kitchen floor.**  
*Help them to tap the board/surface several times, ideally using their finger nails if possible.*
- Dog substitute**      **It was her dog Luna. If Sabrina was cooking, Luna would always be there, hoping some crumbs might drop on the floor. “Sorry Luna. It’s not for you!”**  
*They stroke “Luna”*
- Chocolate**      **First Sabrina melted some chocolate.**  
*They smell the chocolate.*
- Large bowl and wooden spoon**      **Then she mixed the flour, bicarbonate of soda, and sugar.**  
*They mix the “ingredients” with the spoon.*
- Small bowl and whisk**      **She whisked some eggs...**  
*They pretend to whisk the eggs in the bowl.*  
**And mixed everything together.**
- Oven gloves**      **When the oven was hot, Sabrina poured the mixture into a cake tin, put on her oven gloves, and put it in the oven.**  
*They wear the oven gloves.*
- Icing (+ wipes)**      **Once the cake was cooked and had cooled, Sabrina iced the cake.**  
*The feel (and taste if appropriate) the icing.*
- Packet of pet treats**      **“Now all I need is some chocolate drops for decoration... Here they are!”**  
*They shake the packet.*
- Party hat**      **Later, at Anika’s party, everybody was wearing a party hat.**  
*They wear the hat.*

**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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- Candle/Torch**     *Turn lights off.*  
**Suddenly the lights went off. Sabrina lit the candle and brought the cake in.**  
*Hold candle in front of listener, or torch pointing upwards, if using a candle is not safe.*  
**“Happy birthday to you! Happy birthday to you! Happy birthday dear Anika, happy birthday to you!” she sang.**
- Candle/Torch**     **Anika blew out the candle.**  
*If the listener can blow get them to blow out the candle themselves (if using torch, turn off when they blow). If listener can't blow, gently blow towards them yourself.*  
**Sabrina cut the cake, and gave the first slice to Anika.**
- Pet treats**         **“Well, the cake’s lovely!” said Anika. “But what are these chocolate drops? They smell weird...”**  
*They smell the pet treats.*
- Wet sponge**        **“Oh no!” cried Sabrina. “They’re not chocolate drops! They’re Luna’s dog treats! I must’ve used them by mistake! Looks like you get something after all then Luna! Here you go...”**  
*Wipe the sponge on the palm of their up-turned hand.*

## Items needed for this story

**Recipe book** – Preferably hardback and with pictures.

**Board or hard surface** – Chopping board, nearby table, similar.

**Dog substitute** – Cuddly toy (dog if possible), or anything furry. You could even use your own dog if you have one!

**Chocolate** – Preferably dark cooking chocolate, but milk chocolate will do if needs be.

**Large bowl** – Any decent size mixing bowl.

**Wooden spoon**

**Small bowl** – Smaller than first bowl. Different colour if possible.

**Whisk** – You could also use a fork if you don't have a whisk.

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**Oven gloves** – Any will suffice.

**Icing** – Make with icing sugar and water.

**Pet treats** – Small packet. Ideally use chocolate drop-style treats, but any small size treats will do. Pierce through the top of the packet so that the treats are smellable

**Party hat** – Any sort of party hat.

**Candle/torch** – Only use a candle (with some sort of holder) if you are confident this can be done safely with the listener. It is preferable to a torch as it will also smell. If using a torch, a small one will suffice.

**Wet sponge** – Any sponge. Make it wet, but squeeze most of the water out, so it doesn't drip everywhere.

**OPTIONAL EXTRAS:** For added authenticity why not tell the story whilst actually making the cake? Simply add in the ingredients at the appropriate stages and tell the rest of the story whilst the cake is cooking. Make sure you avoid putting dog treats on the cake though!

## Watch an example online

You can watch a demonstration of this story being told at <http://youtu.be/LJnG8nhyocU>

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