



# Sensory Time

Using our senses we can relax our bodies and manage difficult feelings

Go around your house and use your senses to look at, smell, touch, listen to and taste (where it is edible 😊)

Everything that you like either place on a table or note it down by writing or drawing it

Where you can place the items or your picture of the item into a special box or pencil case

## Ideas for sensory time

Look at: nature, art, photos, light and shadow, colours

Smell: soap, oils and perfume (and put some on a tissue if you like it), foods, grass, dirt (put it in a jar if you like it), stationary, people's clothes

Touch: toys, clothes, bedding, pets, people (hug, massage – hard to put these in your box but you can draw it), food (rice, nuts)

Listen to: nature (birds, rain, waves – if you like them find a recording), music (make it easy to find these songs when you need them, make a playlist), sound experiments (scrunch paper, rub hands together, pour a drink etc and really listen to the sound)

Taste: as you taste food notice how your tongue responds, as you have a drink notice the feeling in your mouth and into your body)