

# The Sensory Experience

Activities that stimulate your senses can have a positive impact on how you feel. They may help you to feel calm, energised, relaxed or alert.

These activities can be used in a sensory room, your own home or anywhere at any time.

## What are our senses?

Sensory activities use a variety of senses, either on their own or in combination.

These senses include:

- Vision
- Hearing
- Taste
- Smell
- Touch
- Vestibular (balance)
- Proprioception (deep touch).

## What types of activities?

There are many different types of sensory activities. Some examples include:

- Listening to your favourite music (hearing)
- Using your favourite scented candle (smell)
- Watching a lava lamp (vision)

- Eating a sour lolly (taste)
- Relaxing with a weighted blanket or wrap (proprioception)
- Using a hand-held massager (touch, proprioception)
- Puzzles (vision, touch)
- Light exercise activities like walking (vestibular, proprioception)
- Using lightly scented skin cream for massage (smell, touch)
- Walking barefoot on sand or grass (touch)
- Having a shower or bath (touch, smell)
- Listening to nature sounds such as waves on a beach, rainforest (hearing).

## How do I make it work for me?

- Try different sensory activities
- Think about how they make you feel
- Does something make you feel really relaxed?
- Does something make you feel really alert or awake?
- Make a note of these or use a rating sheet (available from the Mental Health Service).

If you would like to know more about how to use sensory activities in the sensory room or at home talk with your nurse or occupational therapist.