



SENSORY PACK

WHAT IS THIS PACK?

This pack is to provide you with some of the activities that you can do to help you with your senses and sensory input using the great outdoors. It gives you a brief overview of your senses and the process your brain and body goes through when our sense are in action. It will also give you some activities to try at home.

OUR SENSES

As humans we are all sensory seeking and need sensory input, our senses are something that we do not think about all of the time, we just get on with the world around us, but sometimes things can bother us and this is because of our senses and our different needs. Did you know that we actually have at least 7 senses, some people only think we have 5.

OUR 7 SENSES ARE:



TASTE

Our taste bud sense the food and smells that enter our mouth



SOUND

What we hear



SIGHT

The things we see and the light that enters our eyes



PROPRIOCEPTION

This is our body's awareness of its individual parts



SMELL

The smells around us



VESTIBULAR

This is our body's movement and balance sense



TOUCH

What we touch and things touching us

The way that we process sensory information is shown in the diagram below;



We receive information through our senses



Our brain processes this information



We use this information to interact with the world around us

SENSORY OVERLOAD

Sometimes our brains get too much information at the same time and we cannot process it all at once. This is called sensory overload and can lead to our bodies and minds becoming deregulated. When we are deregulated we cannot focus on things and sometimes we feel overwhelmed by the world around us and that is okay. We can use strategies to help us process this information. Have a look at the Student anxiety and support pack.

SENSORY SEEKING

Other times we need that sensory input and if we do not have it, then we need to seek out. Again this could cause us to be under stimulated and if we are needing that input we can again become deregulated until we seek out what we need and again, that is okay. There is information in this pack on how you can safely do this onsite at the LDD garden or at home.



NATURE AND THE GREAT OUTDOORS

Nature and being outdoors is one of the greatest sensory experiences that we can have. Do you know that plants help your brain release Serotonin, which makes you feel happy. Lavender, heather and other plants that omit strong smells are perfect at stimulating the senses.

There are so many things outside that we can do to fulfil our sensory needs, here are a couple of activities to try and they are also good for your mental health.



BIRDSONG

Hearing a bird cheerfully sing is something that we hear regularly in England. How often have you sat down and taken the time to really listen to the sound. Just as vowels and consonants provide the foundation for our words and sentences, birds produce a series of calls, songs and melodies in a 'language' that could rival our very own alphabet! Could you decode it?

In the table below, draw or write down the thoughts that you are having, both positive and also the things that you are worried about. Think about where you can seek support for your worries if you need it.

MY POSITIVE THOUGHTS

MY WORRIES

MY ACTION PLAN

WALK THROUGH A PARK

Have you ever walked through a park or a wooded area, somewhere that is overgrown, or somewhere that you have not explored before? There are so many things that our bodies go through when we do this and they can give us a positive experience and positive sensations.

Things such as;

- The change in the ground that we are walking on; sometimes it is hard, sometimes it is soft and sometimes it is really wet and muddy.
- Think about navigating your way through fallen trees or over grown areas and how you have to change your body position to move through the area.
- The sensations of standing on twigs and the feeling of them crunching and cracking as we move over them.
- Or the feeling as you brush past leaves and bushes with the morning dew or last night's rainfall flicking and hitting your skin

With an adult, go for a walk in your Local Park or woodland. Chose four of the senses and then write down how the experience of that sense and aspects of the environment make you feel.

SENSE 1

HOW DO YOU FEEL?

IMPACT ON YOU

SENSE 2

HOW DO YOU FEEL?

IMPACT ON YOU

SENSE 3

HOW DO YOU FEEL?

IMPACT ON YOU



GARDENING AND PLANTING

Gardening and planting seeds or bulbs is a great sensory experience and all of our senses can be exposed through this activity. The aromas given off by flowers are wonderful to enjoy, but the smells have a purpose too. Plant scents attract insects to the flowers for pollination and some smelly leaves deter insects from eating them. Go to the LDD garden for the next task.



Your task is to plant some seeds or bulbs and to do this task you will need;

- A pot or a container with some holes in the bottom
- Some soil or compost
- Some seeds or bulbs
- Some water

1

ACTIVITY



Get your container and pot and half fill it with compost using your hands.

WHICH SENSE/S DID YOU USE THE MOST?

HOW DID IT MAKE YOU FEEL?

2

ACTIVITY



Cover with more compost and water again, pressing the compost down.

WHICH SENSE/S DID YOU USE THE MOST?

HOW DID IT MAKE YOU FEEL?

3

ACTIVITY



Press your finger into the compost and make a hole for the bulb or seeds.

WHICH SENSE/S DID YOU USE THE MOST?

HOW DID IT MAKE YOU FEEL?

4

ACTIVITY



Wet the compost slightly and press it down once it is damp.

WHICH SENSE/S DID YOU USE THE MOST?

HOW DID IT MAKE YOU FEEL?

SENSORY SCIENCE

MAKE A PERMANENT RAINBOW

You will need:

- Black paper
- Water
- Dish
- Clear nail varnish



1. Put water in a small dish and place the black paper in until it is submerged in at least an inch of water.
2. Add a single drop of nail varnish
3. Slowly lift paper from the water and you'll see a permanent rainbow

NATURE TRAIL

Into the trail, how fun can it be. What will you find? What will you see? Explore with your eyes your ears and your nose. On a sensory trail anything goes. This activity is to go outside, in your garden or a park and explore what nature is around you. You can sit and watch or you can be a bit more adventurous and turn over rocks and see what is underneath them.

Remember to respect the great outdoors – leave nothing but footsteps, take nothing but memories.

WHAT CAN YOU SEE?

WHAT CAN YOU HEAR?

WHAT CAN YOU FEEL?

WHAT CAN YOU SMELL?

WHAT ARE YOU THINKING?

WHAT ANIMALS HAVE YOU SEEN MOVING?

