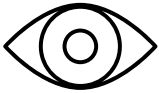




EMOTIONAL WELLBEING TEAM KENT
EMOTIONAL SUPPORT TEAM
MEDWAY

* Being kind to your senses

Our senses are important. They tell us about the world around us. Being kind to our senses can help us feel happy and calm so we can get a good night's sleep.



What do you like looking at?

What smells do you like?

What don't you like looking at?

What smells don't you like?



What do you like to touch/feel?

What tastes do you like?

What don't you like to touch/feel?

What tastes don't you like?



What do you like to listen to?

There are three extra senses that people often forget – movement, balance and internal. We sense how we are moving and balancing. We also sense where our body is and what it is doing without looking. The activities below use our extra senses.

What don't you like to listen to?

Circle any that you enjoy. Cross out any that you don't like.

- A big squeeze/hug
- Sit under a heavy blanket
- Massage
- Yoga
- Move something heavy (e.g. weights)
- Scooter/skate
- Hang upside-down
- Balance
- Holding something cold/hot
- Rocking in a chair
- Bounce (e.g. on a yoga ball)
- Having something to eat/drink
- Pull a stretchy band
- Swinging
- Jump

Are there any other sensory activities you enjoy?

