

## Sensory Wellbeing Online Workshop

### WE WILL EXPLORE:

- How to raise awareness of the sensory system
- How the sensory system can help with self-regulation
- Identify strategies that can enhance sensory wellbeing
- The language and tools to communicate your sensory needs

**We will explore sensory items together  
and help you identify your own sensory strategy**

**Please prepare 1-5 items for each of the categories below:**

### VISION

**Items that affect your sense of sight. For example:**

- Sunglasses, tinted glasses
- Sensory lights
- Photos
- Books/ magazines
- Optical illusions (Google Image search)
- Letters
- Taking yourself somewhere visually appropriate for you (garden/greenspaces)

### TOUCH

**Items that feel pleasant/nice when you hold it in your hand. For example:**

- Soft blankets/pillows/cushions or toys
- Weighted blanket
- Bag/bowl of dried rice/ dried beans
- Textured items: scraps of fabric, (e.g velvet, wool)
- Stress ball (Option: make your own with balloons + beans/rice!)
- Brush
- BlueTak/ play doh

### SMELL

**Items in the household that smell nice to you.**

**For example:**

- Scented oils
- Scented candles
- Scented body lotion
- Flowers
- Potpourri (Dried plants e.g. lavender)
- Perfume/room spray

### HEARING

**Items that affect your sense of hearing. For example:**

- Ear defenders, ear plugs.
- Headphones to play music that suits you and your level of arousal. It may be calming, soothing music or it may be heavy metal!
- You can also consider apps such as 'Headspace' and 'Calm' which have some free content. You can also listen to some white noise or other 'waves'.