

Top Tips.

Sensory – we experience the world through our senses

Sight

(Visual Stimulation)

The eyes are the organ of sight. Vision is perhaps our most important sense, the one through which we gain most of our information.

Lighting

Images & photos

Colours

Shiny or reflective materials

Windows or wall art

Sound

(Auditory Stimulation)

Our ears provides us with our second most vibrant source of sensory stimulation.

Nature sounds,
Rainfall, birds, ocean

Poetry, reading together

Singing

Musical instruments

Taste

(Gustatory Stimulation)

Nerve endings on our tongue allow us to taste what is in our mouths. In many ways taste is the most pleasurable of our senses.

Spices & flavourings

Explore warm & cold foods

Different flavour combinations sweet & sour, sugar & spice

Wine Tasting

A favourite meal

Touch

(Tactile Stimulation)

Touch receptors are located in our skin, but in many other parts of our body as well. Anything touched and anything that touches us can be stimulating. Every solid object has texture, temperature and shape.

Blankets & Pillows

Sponges

Squeezy balls

Animals or stuffed toys

Themed Tactile box

Smell

(Olfactory Stimulation)

Receptors in our nose provide us with a sense of smell. Some of our strongest memories, our most potent associations, are triggered by odour.

Diffuser & essential oils

Fresh flowers, herbs, twigs, leaves

Freshly baked bread or coffee

A favourite perfume or cologne

Pot Pourri, soaps, hand lotions