

My Sensory

Hand



Purpose:

This activity invites people to build a rough sensory guide of comfort, with the aim of enhancing the feeling of safety and ease.



Who might use this activity:

This activity may be useful for children, young people and adults. It has broad application across audiences.



What you will need:

- Paper and something to draw and/or write with.



What you might say and do:

This is an activity that helps us understand more about what brings us comfort according to our senses. There are no right or wrong answers, everyone's sensory hand is probably going to be different and that's ok.

1. Trace your hand on a piece of paper and label each finger and your palm with each of the senses, or use the provided template.
2. Think of things that bring you comfort associated with each of the sensory labels – eg. taste – chocolate, smell – flower shop, touch – hot shower, body movement or position – jumping on the trampoline, or swinging, or curling up with a blanket on top of me.
3. Write or draw a symbol of your comforting thing associated with each sensory based label on your hand outline.
4. Having considered these things or actions of comfort, might you consider adopting any related changes into your everyday life.
5. What are some ways we can practice accessing this sensory comfort when or if things start to feel stressful or hard?



Things to enquire about:

- Were some of the senses easier than others to respond to?
- Which of the senses felt the easiest to come up with something?
- Which of the sense felt the hardest to come up with something?
- What do you think your mum/dad/grandparent/carer might include in their sensory hand?
- Do you think your sensory hand might be different, depending on the season? Do we need a summer and a winter Sensory Hand?
- Do you think your sensory hand might change over time? Why? Why not?



A note about a couple of our lesser known senses related to 'Body Movement and Positioning'- Our Vestibular System and Proprioception

Most of us know the five senses, smell, touch, taste, vision, and hearing. Turns out there are also other candidates for inclusion in this list, two of which broadly have to do with balance and positioning of the body. These systems help us sense how our bodies move through space. They help us plan and execute movements, and keep us in touch with how our body is orientated in space. These systems let us know, for example, when we are moving in an elevator, or how to apply the right amount of pressure when we write with a pencil. The way they function will affect our preferences for particular movement based activities. Preferred movements and body positions can provide some insight into the workings of these lesser known sensory systems, and help us learn more about what we need to help us feel more at ease on the inside.

For more information about our many senses try: <http://www.7senses.org.au/what-are-the-7-senses/> or <https://medium.com/the-philipendium/the-5-senses-or-maybe-7-probably-9-perhaps-11-f9e6c54f76f0>



Sensory things or actions that bring me comfort

