

My 5 Senses Soothing Hand

Building Your Sensory Hand

1. Trace around your hand on a piece of paper and label inside the fingers each of the five senses.
2. Consider each sense one at a time. What pops into your mind when you think about something soothing or comforting that is related to each sense?
3. Above each finger write or draw the comforting thing/s or idea/s.

There are no right or wrong answers and everyone's sensory hand is unique to them.

Afterwards...

- Are there any creative ways you could build these comforting sensory ideas more strongly into your everyday life?
- Are there any creative ways you could access any of these sensory comforts when or if things start to feel stressful or hard?

Follow up Questions

- Was it easier to think of something soothing for some of the senses and not others? That is called a sensory preference and we all have them.
- Do you think your sensory hand might be different, depending on the season? Would it be helpful to build a wet season and a dry season Sensory Hand?
- Do you think your sensory hand might change over time? Why? Why not?

