**How to Guide: 7 senses circuit**

1. **Before you start:** collect together a selection of sensory items you can find in your home. You are looking for a range of things that are interesting, familiar, different and challenging.
2. **The** **purpose** of 7 senses circuit is to enable students to meet their sensory needs and try new sensory activities that may be outside their comfort zone. We provide one activity for each of the 7 major senses – look, listen, touch, smell, taste, move (vestibular) and balance (proprioception).
3. **The activities** – keep the same group of objects/activities for 5-6 times so your student gets chance to become familiar with them. Encourage them to explore each object/activity with you and be aware of their preferences. These may change over time as they get more used to the new and challenging objects/activities.
4. **How to support your student:** Sometimes they will need help initially to investigate the activity. Please use hand under hand support – that way they have control of how much they want to engage and it is less scary than holding their hand. Often the best way to enable learning is to model the activity – if they see what you are doing and enjoying, they are more likely to have a go themselves ☺

**Useful signs:**

  

 look listen smell taste

  

 touch move balance

**Ideas for the 7 senses:**

**Look** – coloured cellophane (look through it), small toys hidden in a bottle (filled with whatever small objects you have to hand, e.g. rice, beads, etc), feathers (blow in the air), moving children’s toys, rolling a ball together, sharing a book/noisy book, pictures on the computer/tablet, etc.

**Listen** – any musical instruments, hoover, washing machine, doorbell, music on CD or other technology, sound lotto games, clapping rhythms, make animal sounds with puppets/toys

**Smell** – essential oils *(if you have them, please put them on a cotton pad in a tub so your student can’t eat them – they can be poisonous!)*, lemons, oranges, berries, bananas, personal care products, cooked sprouts/cabbage/broccoli, air fresheners

**Taste** – baked beans, rice pudding, chocolate, popcorn, crackers, ready salted crisps, mushy peas, popping candy – pretty much whatever you’ve got available! Crunchy and sour tastes will tend to wake up the senses.

**Touch** – feather duster, microfibre cloth, wooden massage roller, scourer, silk scarf, washing up brush, playdough, magic sand, cornflour slime, frozen peas, water spray (over heads not at face!)

**Move** (vestibular) – row your boat, bouncing, jumping, using a gym ball, rolling, crawling, tug of war with a piece of rope or elastic, gym ball wrestle, army crawl under a blanket, rocking side to side or forwards/backwards

**Balance** (proprioception) – bear hugs, yoga, stamping, using lycra/stretchy material to push against, pushing against walls with hands/feet, walking along a rope/masking tape/chalk line on the floor, walking on tiptoes, walking toe to heel