



Supportive Therapies Virtual Festival Planning Sheet

Title/Aim: Sensory exploration. To take the participants on a journey into the forest using different resources to awaken each of the senses.

Resources Required:

A free sound effect website on google called Story Blocks can be used for forest sound effects.

Hula hoop/umbrella with strips of Greens and browns tissue/crepe paper or even strips of old material to attach. (See attached pic)



Torch

Collected green and brown items (sticks, leaves from garden, material etc)

Spray mister filled with warm water

Fan

Essential oil or flowery perfume

Feather

Large stick or anything rough to feel like tree bark

Stones

Crisps/cornflakes in a sandwich bag (for crunching noise)

Mushroom/earthy potato to smell/taste Bowl of thawed frozen peas

Berries to smell/taste

Bowl of cold Water (for hands)

Mirror

Soft toy or furry scarf

Half an orange

Pillow/cushion