

Supportive Therapies Sensory Story

INTO THE FOREST

On your phone, tablet or PC google the free sound effects website- Audioblocks.com. Type Forest into search bar. A selection of forest sound effects will be ready to use. Prepare all props first and relax and enjoy.

We are going on a journey

A journey into an enchanting forest

(Play forest ambience 02 sound effect)

As we move around we will awaken each of our senses

Look into the dancing shadows of the trees

(Sensory hoop/hanger/umbrella over persons head)

See the warm rays of sunlight shining through the trees

(Shine torch through paper strips/ umbrella)

See the deep olives and vibrant leafy greens

Notice the rich, earthy browns

(Show Green & brown paper/ items e.g clothing, sticks, leaves)

(Play forest ambience 01)

Feel the warm mist surround you

(Spray mister)

Feel the gentle breeze on your skin

(turn on fan & direct over their body)

Smell the bright, vibrant wild flowers

(Smell essential oils/perfumes {floral})

Feel the soft tickling feathery ferns

(Feather tickling arm)

Now notice the roughness of the bark

(Sandpaper/avocado/pineapple/ anything rough)

We move along the stony, winding path

(Feel stones)

Listening to the beautiful birds sing

(Play morning birds chirping sound effect)

Hear the crunching of sticks and leaves as we move

(Crunch cornflakes in a sandwich bag)

Smell/taste the damp mustyness

(Smell/taste the mushroom or smell a dirty potato)

The dark soggy moss

(Feel the thawed, frozen peas)

Taste the juicy, wild berries

(Berry favoured squash/water to drink or for mouth swab)

We can hear the sound of a babbling brook

(Scroll down & Play small river flowing)

Dip our hands into the delicious cold water

(Hands in bowl/tray of cold water)

Catching our reflection in the water

(Show reflection in mirror)

(Play forest Ambience 1)

We see a squirrels tail as it scurries past and up the tree
(Soft toy/fury scarf run over legs and over the head)
High into the branches
(Feel stock/twig)
Smell the heady, orangey pine needles
(Smell cut orange)
As we relax into the soft, cushion of the forest floor
(Put pillow to head)
We close our eyes, listening to the relaxing sounds of nature.
Wishing we could stay here forever
(Play forest and bees Ambience)