


## Sybil Elgar School | Our Transdisciplinary Team Newsletter

### Summer sensory activities

Try some of these sensory activities this summer holidays to have fun and relax



 <b>See</b>	 <b>Hear</b>	 <b>Taste</b>
<p>Click on the image below to watch a lovely underwear video with calming music to relax</p> <p>See if you can spot your favourite underwater animal</p> 	<p>Click on the image below to listen to relaxing British bird song</p> <p>Learn the names of the birds you can hear as well with the captions included</p> 	<p>Make some healthy summer ice lollies by blending up for favourite fruits and then freezing</p> <p>There are lots of recipes on the internet so have a browse</p> 
 <b>Smell</b>	 <b>Touch</b>	 <b>Move</b>
<p>Go out into a garden or local park and smell some flowers or herbs</p> <p>How do the different smells make you feel? Relaxed? Happy? Focused?</p> 	<p>Do some 'messy' activities outdoors to use your sense of touch</p> <p>Perhaps paint your favourite fruit with your fingers – or explore some sand</p> 	<p>Swinging can be relaxing for many people</p> <p>Use a hammock or swing garden seat if you have one, or try out different swings at your local park.</p> 