

TIME	ACTIVITY	TOOLS
<p>Make sure you have 30 mins available to prepare your group before it starts.</p> <p>Allow up to 1 hour and 10 minutes for this group</p>	<p>Preparation before the session</p> <p>This session requires a ‘Sensory Tool Kit’ for practical interaction. If a toolkit has not been provided, please find the extra resource on the Learning2B page entitled ‘Sensory Tool kit’. This document describes each sensory tool used in the video. Here you can find ideas on what you need to source. Each suggested tool is a guide (you do not need to get the exact same items). Please discuss this with your manager prior to the running this group so that items can be purchased in time. You would need this toolkit to complete Activity B of this session.</p> <ol style="list-style-type: none"> 1. Ensure audio visual technology is set up. 2. Flip chart or white board and markers 3. Print individual participants handouts. 4. Sensory Tool Kit 5. Mindfulness colouring in printouts 6. Coloured pencils or textures 7. A device to play music on and a playlist. <p>Allow up to ONE hour to complete your group.</p> <p>Facilitator Tip~ The act of self-reflection can be truly transformational and is a powerful tool that can help you to evaluate what you have accomplished. Through the experience of self-reflection, you can reconnect with your values and better understand yourself. The simple act of pausing and acknowledging your growth can go a long way (this applies to both you and your participants).</p>	<p>-Smart TV/Computer -Participant handouts -Mindfulness colouring in printouts -coloured textures or pencils -Sensory Tool Kit -Device to play music on and music</p>
<p>5 mins</p>	<p>Acknowledgements – Welcome to Country and Lived Experience</p> <p>Group Agreement ~ This is a great way to establish boundaries, you can find out more about group agreements here</p>	<p>-Butchers paper or white board</p>
<p>5 mins</p>	<p>Discuss Aim and Objectives (display the slide for everyone to see or write on butcher’s paper/whiteboard):</p> <p>AIM: To engage in sensory modulation on a practical level, while understanding its benefits and personal preferences.</p> <p>OBJECTIVES:</p> <ol style="list-style-type: none"> 1. Explain own interpretation of sensory modulation 	<p>PowerPoint slide can be displayed on smart TV/ computer, written on White-board, OR printed out</p>

	<p>2. Identify at least one benefit of sensory modulation.</p> <p>3. Identify at least one sensory preference that can be used and applied when needed</p> <p>4. Determine at least one preferred strategy to address sensory needs and desired outcomes</p>	
15 mins	<p>Watch the video Living a Sensory Life (14 minutes in length): https://www.youtube.com/watch?v=URunhznWvPs</p> <p>Toward the middle of the video, it includes a 'sensory meditation'. The meditation is optional. Before you commence the video ask your participants if they would like to take part in the meditation. If not, skip over this section. If you have some say that will take part and others not, suggest to those that don't want to participate that they can colour in, or draw (have mindful colouring books ready)</p>	<p>-Computer or smart TV</p> <p>-Mindful colouring books/print outs</p> <p>-Coloured textures/pencils</p>
5 mins	<p>After watching the video, complete Activity A of the handout. Encourage participants to look through all the sections, discuss their thoughts and experiences out loud.</p>	<p>-Participant Resource, Activity A</p> <p>-Pens</p>
15 mins	<p>Complete Activity B For this section you will need the sensory tool kit. If this has not been provided there is information on a separate page available from the Learning2B site. This will provide you with ideas on what to purchase. (This needs to be organised before your group is run and cost approved by your manager).</p> <p>You may also like to play music in the background for this section. The idea is that participants are experiencing different kinds of music throughout the session. Have a playlist ready that includes classical music, rock, hip-hop, opera (whatever you like as long as it's a mixed list!)</p> <p>Here are some useful prompts.</p> <p>Facilitator: "Let's have a look at the sensory tool kit. In here you will find a combination of different items designed to play on your senses. These items can stimulate vision, touch, sound, and smell".</p> <p>"As you handle each item, notice what you like or dislike about it. Notice if using the item helps you feel calm, irritated".</p> <p>Encourage participants to explore the items. Engage people in discussion about the item's affects. Change the music at some point during the activity.</p>	<p>-Participant Resource Activity B</p> <p>-Sensory tool kit</p> <p>-Device for music to be played</p> <p>-Music playlist</p>

	<p>“Your sensory preferences may begin to emerge as you enjoy the texture, look or sound of an item.”</p> <p>Encourage short discussion and answer questions provided in the resource. The above is only a sample script to help guide your facilitation.</p>	
10 mins	<p>Complete Activity C, refer to the Sensory Preferences/Summary Checklist (resource).</p> <p>Encourage participants to fill out their answers or discuss their thoughts.</p> <p>Some participants may find it challenging thinking about their substance use (alcohol, other drugs) and in coping with pain, illness – encourage them to take their time in reflecting on this here at this session or may be later after the session.</p> <p>Encourage participants on potentially including this in their Individual Recovering Planning with their support workers.</p>	<p>-Participant Resource Activity C</p> <p>-Sensory Preference/Summary checklist</p>
5mins	<p>Reflection</p> <p>Come back to the outcomes and aim, ask your group the key messages they took away from the group.</p>	
5mins	<p>Hand out feedback form and collect (scan and send the completed form to L2B team) Refer to Feedback form on the L2B page.</p>	Feedback forms
5 mins AFTER YOUR GROUP	<p>Self-Reflection (This is time for you to reflect on your own strengths and challenges)</p> <ol style="list-style-type: none"> 1. What were the strengths of this group? 2. What could be improved on next time? How could I run this differently? 3. What area’s might I need extra support in? how will I action this? 	<p>Fill out in a workbook, diary or the space provided here.</p>

Living a Sensory Life



Aim:

To engage in sensory modulation on a practical level, while understanding its benefits and personal preferences.

Objectives:

1. Explain own interpretation of sensory modulation.
2. Identify at least one benefit of sensory modulation.
3. Identify at least one sensory preference that can be used and applied when needed

Living a Sensory Life – Participant Resource

ACTIVITY A – Living a Sensory Life

In today's session we are going to explore Sensory Modulation.

The video includes a 'Sensory Meditation'. This is optional and your facilitator will ask you if you would like to participate in this before the video is played.

After having watched the video 'Living a Sensory Life', let's explore further the meaning of Sensory Modulation.

Please volunteer or take turns to read out below:

Sensory Preferences:

Are you sensitive to certain noises, temperature, or visual movement? Do you find it harder to focus when in certain situations? We all experience the world through our senses (sight, sound, touch, smell, taste, body awareness and movement). How we translate sensory information into actions is called sensory processing.

The way we process sensory information is different for everyone. Our sensory systems are continuously bombarded by stimuli such as music, advertising, traffic noise, flashing signs, smells, and temperature. If we want to feel calm or give our attention to what is important, we need to filter out these stimuli. On the other hand, we may want and feel the need to be *more* stimulated. In this instance we would *add* to our stimuli bucket.

Sensory Modulation uses the five bodily senses such as sight, smell, taste, touch, and sound. By applying strategies, we can enhance or deprecate these senses. When we do this, we can change how we feel and do this to our benefit.

- 1. You are invited to discuss as a group, how one's feelings and emotions can be altered by using different senses. List how sensory modulation can influence you.**

See some examples below.

When I listen to classical music it allows my mind to unwind, I feel calm.

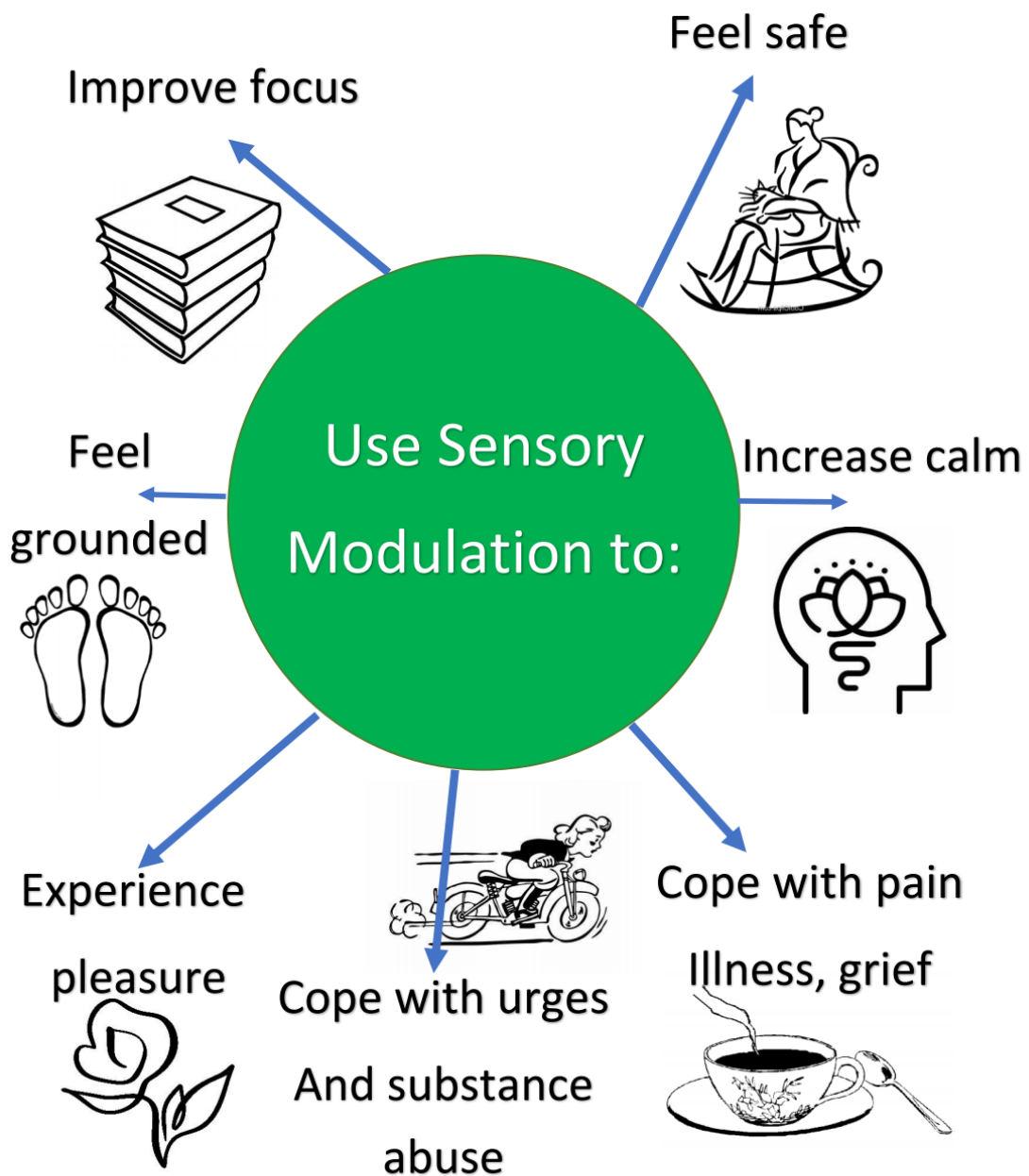
When I play video games, it helps me from feeling intense anger. I feel more focused and like I'm winding down.

Watering the garden, I'm taking in the colours and absorbing the natural surrounds, counting, and moving onto the next flower or shrub gives me a sense of organisation and gift

of giving. I feel clear and I slow right down when I'm doing this. It makes me feel curious about life in a gentle and happy way.

The diagram below identifies the different ways a person's emotions can be altered using sensory modulation:

Sensory Modulation: Change how you feel through using your senses.



ACTIVITY B – Living a Sensory Life

Let's have a look at the sensory tool kit! In here you will find a combination of different tools designed to play on your senses. Notice what your sensory preferences are. Although these tools play mostly on touch and sometimes sound you might identify other senses that you resonate with such as sight, smell, and taste.

Other useful items that may not be in this tool kit also include Mindfulness colouring-in books, pencils, weighted blankets/ weighted lap animals or skipping ropes. These could be used in your own personal time.

Resource- Refer to your tool kit.



Within the shared tool kit, select an object and notice it's weight, textures, colours, sounds and/or smells. Move onto the next tool until you have experienced each tool within the kit. Keep in mind a preferred tool. As a group discuss the following questions:

- 1. What did you like about your preferred object?**
- 2. What emotions or feelings did this object change in you?**
- 3. Does this change how you feel physically?**

You will have noticed music was playing throughout this exercise.

- 1. What music tracks did you prefer? What was the music's style?**
- 2. How did the different tracks make you feel?**
- 3. Did you prefer no music at all?**

ACTIVITY C – Living a Sensory Life

Let’s refer to the Sensory Preferences/Summary Checklist (resource). This will help you come up with ideas. On the checklist highlight or circle some of the sensory-based strategies which resonate with you.

Use the Sensory Preferences/Summary checklist to get some cool ideas for the table below!

How do I want to feel?	Activities to help achieve this
Improving focus	
Feeling grounded	
Increase calm	
Feel safe	
Cope with pain, illness, grief	
Cope with urges for substances	

Based on the table above you may be able to add to your Individual Recovery Plan with new coping strategies and activities to support your recovery.

References

Novita. (2021). *What is Sensory Processing?* Retrieved from <https://www.novita.org.au/helpful-information/what-is-sensory-processing/>

Sensory Modulation Brisbane, (n.d). *Free Resources*, Retrieved from <http://sensory-modulation-brisbane.com/>
OT- Innovations.com. (2020). *The sensory Modulation Program for Adolescents & Adults*. Retrieved from <https://www.ot-innovations.com/clinical-practice/sensory-modulation/the-sensory-modulation-program-for-adolescents-adults/>

Royal Melbourne Hospital (2021). *Sensory Modulation*. Retrieved from <https://5waystowellbeing.org.au/tools-resources/for-professionals/sensory-modulation/>