

making**sense**@home

Welcome to our
“Indoor Seaside Experience”

- We have put together some resources to help you create your own sensory seaside experience at home.
- Our sensory ideas are designed to bring you opportunities for sensory communication, playfulness, creativity and hopefully a lot of fun!



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Creating your indoor seaside experience

(These ideas are here as a guide only, feel free to be as creative as you want and be led by the person you care for - and what they enjoy doing)

What reminds you (both) of a trip to the seaside?

Is it the smell of suncream, the texture of a beach towel, sand between your toes, wearing summer clothes, cold drinks with ice through a straw, licking ice cream or the smell of fish and chips?

If you have access to suncream and towels and can think of other things that make you and the person that you care for think of the seaside collect them together for your seaside experience.

Other ideas;

A bowl of water for your feet

a fan, a water spray bottle, ice cream, sea shells, sun hats

If you are posting any photos of your *“indoor seaside experience”* on social media please tag [@MakingSenseCIC](https://www.instagram.com/makingsensecic)

We have scheduled a zoom call for Friday 24th July at 11am

<https://zoom.us/j/8561850336> Meeting ID: 856 185 0336

Incase you have any questions or ideas to share or would like to share your seaside experience with others.



Beachball games for two

Feeling the beachball fill up with air whilst someone else pumps it up is a lovely sensory experience and there is always a sense of excitement! Throwing and catching is always a lot of fun !



Also try holding the beach ball to your ear between 2 people and using your fingers to gently tap to each other copying each others rhythm.

Try holding up a phone, tablet or bluetooth speaker against the surface of the ball and putting your ears against it to hear music or seaside sounds vibrating through the ball.

You can sing or shout (not too loudly) into the ball whilst the other person has their ear to it - and then swap.



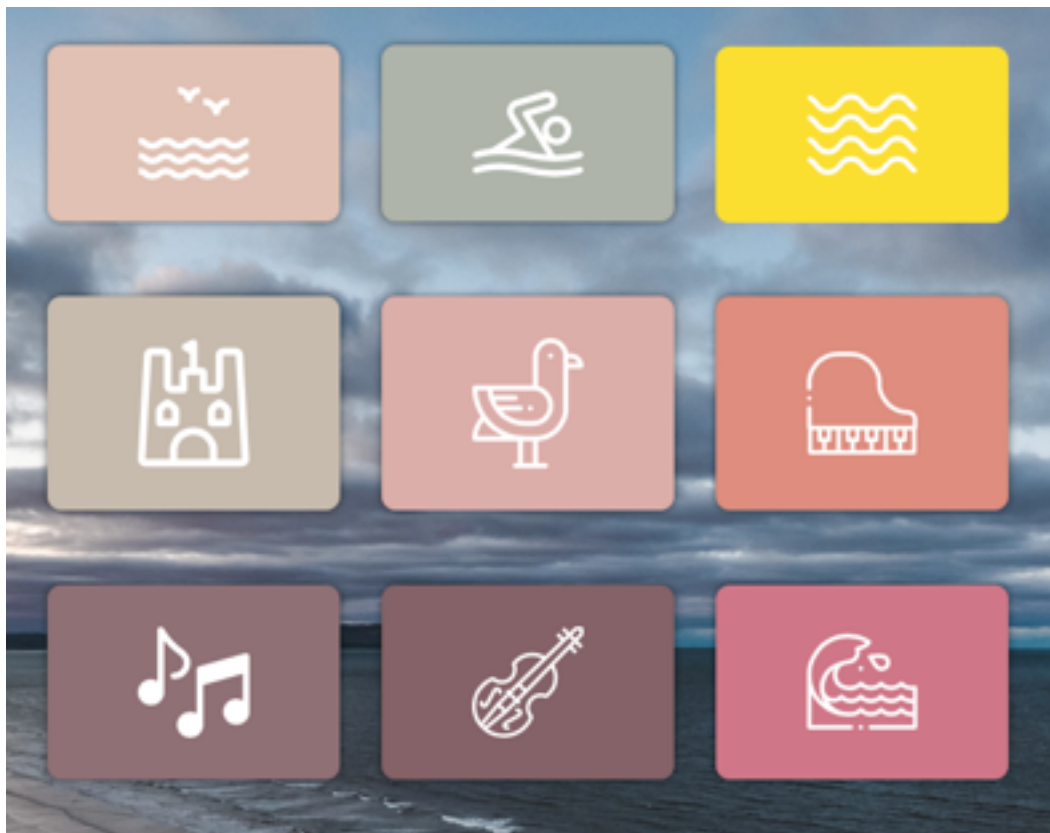
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Seaside Sounds

<http://www.makingsensecic.org.uk/soundboard/>



If possible try to change your environment for this activity limiting other sounds like the TV or Radio.

You can follow the link to our seaside soundscape and create your own personalised seascape together using the buttons provided on a smart phone, tablet, laptop or PC.

Try different combinations of sounds and together choose which ones you like.

You could alter the combination of sounds during your seaside experience to change the environment and the mood.

Seaside soundscape by Ant Dickinson

Seaside Windmill

The windmill comes as a kit but it is really easy and quick to put together with the instructions included and it will add to your seaside experience!

You could take it in turns to blow it and watch it go around.

How to film

Link to windmill film <https://vimeo.com/437925342>



Instructions

Here are the parts in your kit

Windmill leaf 1 and 2



Flower Flake



snap ring



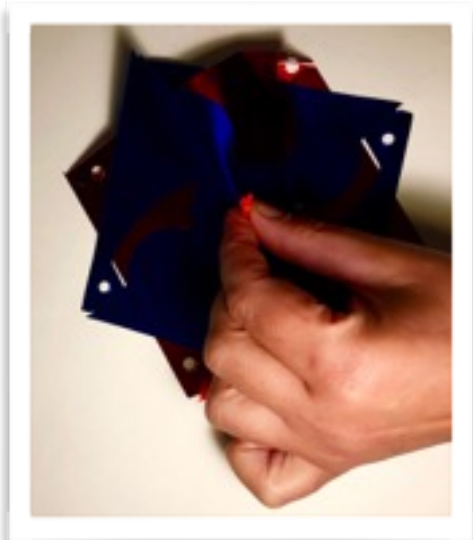
Windmill handle



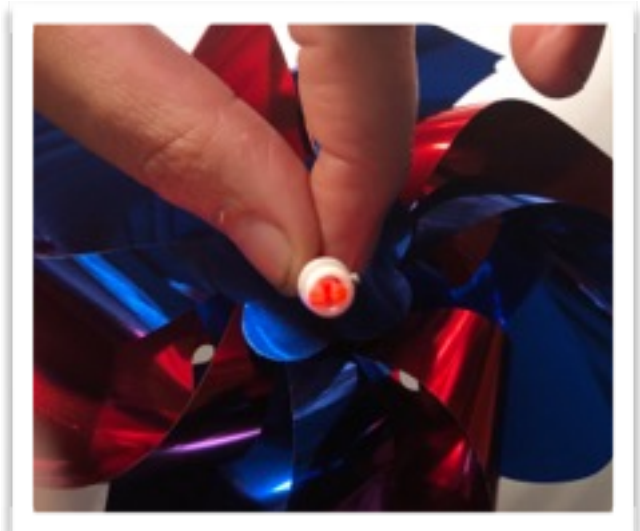
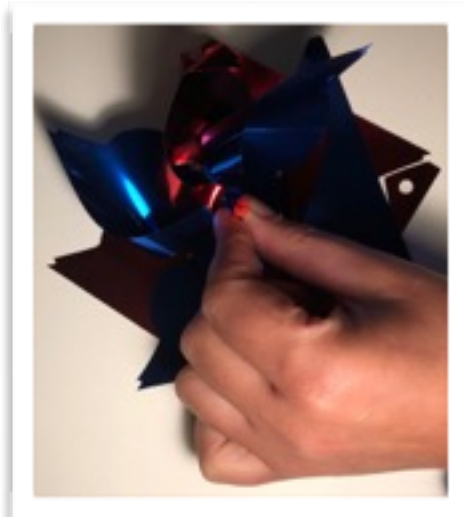
Steering shaft



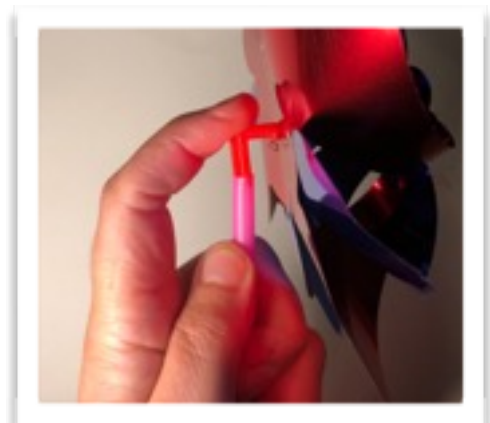
1. Thread the steering shaft through the hole in the middle of the 2 leaves



2. One by one thread the holes in the ends of the leaves onto the steering shaft



5. Then you just need to add the handle and your windmill is complete!



Sensory Seaside Postcard

A blank postcard with glue and sensory materials to choose from to make your own seaside postcard.

Together explore the textures and colours of the different papers and materials included and choose your favourites to create a sensory postcard.

Thinking about your indoor sensory seaside experience you could write about your day including what you could smell, feel, taste and hear - you could post it to someone if you like!



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Adborth - Feedback

Cymrwch funud i ateb y cwestiynau a ganlyn, os gwelwch yn dda.
Mae eich adborth chi'n bwysig iawn i ni!

Please take a moment to answer the following questions, your
feedback is very important to us!

Pethau rydw i wedi'u dysgu
Things I have learnt

3

.....
.....
.....

Pethau roeddwn i'n eu hoffi am y pecyn celf
Things I liked about the art pack

2

[Large pink decorative box for writing]

Peth y byddwn i'n eu newid neu'n eu gwneud yn wahanol
Thing I would change or do differently

1

[Large pink decorative box for writing]

