

Sensory Parcel



This sensory parcel has been designed around the herb garden at Conwy Culture Centre.

It has been put together in collaboration with Sensory Textile Artist Ffion Evans

Conwy Culture Centre's herb and sensory garden is fully accessible and is open to anyone to visit.

Taking a few sprigs or leaves from the different herbs for use in your sensory sessions is absolutely fine!

This garden and herb beds in and around Conwy are managed by a community group called "Incredible Edible" anyone can get involved in their events or volunteering and they have a mailing list which you can join.

Contents

2 x Herb soap

scrubbing brush

Tactile Herb pillow making kit - sealed lavender bag, knitted squares, various yarns

3 sensory stress objects

Herb bags for making your own tea

List of Herbs and their health properties

Compostable Plant pots

sensory decorations for plant pot

herb seeds

Label

Soil

Activity ideas

Exploring fresh Herbs

Ideally you will be able to visit the Herb Garden at Conwy Culture Centre or the herb beds around Conwy with the person that you support and collect some small sprigs and leaves while you are there. Spending some time comparing the different smells, brushing hands over the leaves, rubbing leaves to release the scent.

If not, you can get hold of herbs yourselves from home, from the “help your self” herb beds in Conwy or even fresh herb plants from a supermarket. Leaves can be rubbed between hands to make the scent stronger, or try rolling them under a rolling pin on a board or crushing them with the back of a spoon.



Make your own tea bags

You will find special tea bags which you can fill with fresh herbs from the list and steep in boiling water try them as tea to drink or enjoy the sensory activity together and the smell !



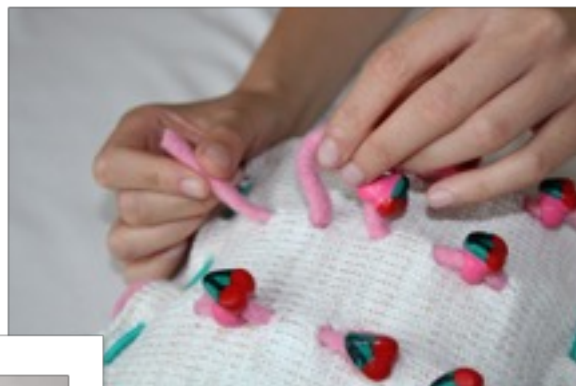
Relaxing with Herb soap and warm water

Compare the smell of the two soap bars
Some warm water in a bowl with the soap on hands
creating bubbles and the texture of the bristles on
hands could be a relaxing experience.
The soap and brush can be taken home too



Tactile lavender cushion

This is an easy to make herb pillow with no stitching required.
Use the string to weave in and out of the holes on each side, put the herb
bag inside before you weave all of the way around.
Thread beads and bells to make it even more sensory!
Creating a small sensory pillow to smell and hold and a perfect keepsake to
take home.



Herb Stress objects handmade by Ffion Evans Sensory Textile Artist

With the person you are supporting

Enjoy feeling the texture of each squashy object

Compare the smell of the three stress objects in the pack

Try rolling them in your hands and on your arms

Squashing them

Passing them from hand to hand

Keep them to use again!

Please be aware that the the stress objects are biodegradable, they will last at least 6 months, Ingredients: water, glycerine, gelatine, fairy liquid soap.

***They are NOT**

edible but none of the ingredients are toxic



Planting herb seeds and decorating your pot!

Start by decorating the pot!

To make it sensory we have provided wool, bells etc to thread and wrap around the plant pot, cover the pot with pritt stick before you start.

Then add soil and seeds following the instructions on the packet.

Add water and leave in a sunny spot!

