



Bank of sensory ideas

Olfactory

Smell is processed through the olfactory sensors in the nose. A child who is under responsive may have a strong preference for certain smells or under react to strong smells. A child who is over responsive will be overwhelmed by smells which others do not find unpleasant, refuse to eat lunch in the dining hall or be unable to go into the bathrooms (Ref MCA website)

Aromatherapy oils (used on skin with permission from parent)



Scented playdough



Sensory story



Oils in diffuser



Scented moisturiser/lotion for hand/foot massage



Keep rooms well ventilated

