

Sensory Engagement and the development of early cognition.

In the early stages of development sensory stimulation is critical to the wiring of the brain.

Early sensory experiences trigger the creation of neural pathways in the mind.

The more pathways created during this early stage of development the greater the potential for the brain in the future.



The Sensory Projects run on the principle that with the right knowledge and a little creativity inexpensive items can become effective tools for sensory inclusion.

Through the work of all the Projects founder **Joanna Grace** is seeking to contribute to a future where people are understood in spite of their differences.

To learn more about the projects, and to access free resources and information about bespoke sensory training visit

www.TheSensoryProjects.co.uk

Joanna's books: **Sensory Stories for Children and Teens** and **Sensory-being for Sensory Beings** are available on amazon, with more titles due for publication in 2018.



The Sensory Projects

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Where am I?



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Publication dated/updated 15/10/17

Where am I?

Your proprioceptive sense is one of your subconscious senses, it informs you about where your body is. It is essential for movement, and plays a huge role in helping you to feel safe.

Because proprioception is subconscious in order to learn what the sensations from it mean the brain needs to experience it in partnership with a conscious sense. For example you feel a particular sensation from your proprioceptive sense that means that your hand is in front of you, but you do not know this is what the sensation means when you first feel it without also discovering that when you feel that sensation your hand bumps into something that is in front of you, thus giving you tactile and visual partnered information about the proprioceptive sensation your brain received.

With practice you learn to understand proprioceptive sensation without need for the partnered information.

Some people will always struggle with their proprioception and for them extra partnered experiences are very comforting.

Fabric fun

Gather a collection of different types of fabric. Depending on the size of the person you are sharing this game with you may be able to find piece of fabric that cover their whole body.

Consider: light weight silks, heavy woollen fabrics, fur fabric, sequined fabric, corduroy, you could use brightly coloured fabrics for extra visual interest, or even news paper or corrugated card to vary the sensation.

The aim of the game is to cover the skin with the fabric so that tactile stimulation is received over as broad a area of skin as possible, and then to remove that stimulation, so that the sensation is presented and then removed.

With a baby this can simply be a whole body game of peek a boo. If it is warm enough and you are in a safe space remove the baby's clothes to play so that they can feel the fabric over all of their skin.

With a consenting adult in an appropriate setting and with a big enough piece of fabric it is still possible to play it as a whole body game. However you may choose to play it with just arms or legs instead.

Ways to play

Lay the person you are playing the game with on their front or their back (they can roll over half way through).

Raise the blanket up and allow it to settle over the person's body, let it rest there for a moment and then either pull it off so that it strokes their skin or waft it back up.

Use a phrase to make the game fun and to prepare the person you are playing with for the experience. This could be "peek a peek a boo!" or if playing with an older person make believe you are transporting through space: "Ready to transport...go!!" Invent your own phrase up or simply use "Ready, Steady Go!"

Repeat with different fabrics and try to cover as much skin as you can as you play.

