**What is a Sensory Pack?**

It is a sensory based communication resource that uses touch and music to align the senses and develop communication skills.

It is an activity often used with children who have a sensory impairment or communication difficulties.

Sensory Packs match textured objects to music and through repetition, learners may start to move in response to the stimuli used, show anticipation of the texture being used and communicate their likes/dislikes, wanting more/rejection of that object.

In school we create our own Sensory Pack sessions using music and textures that link to our current theme, repeating them throughout the term to develop recognition and to encourage communication skills with our pupils.

This activity can easily be replicated at home by listening to the chosen music together and exploring the textured object with your child as they are able to do so.

When taking part in the activity, we sometimes pause to see if the child indicates that they want more/for you to continue, or if they would prefer a change of song/texture. It is important to listen to your child’s wishes so that they begin to learn that their method of communicating with you is effective and being listened to.

If you would like more information on Sensory Packs please just let us know!

Enjoy exploring Sensory Pack together!