



Sensory Music Exploration



You will need a large table, cleared away from all resources and a bottle of foam or body lotion.

Choose a piece of music which the individual enjoys listening to and is expressive to them.

Add the foam or lotion to the table and encourage the individual to wait until the music begins.



Once the music has started the individual can explore the feeling of the lotion/ foam and move their hands whilst listening to the music.

Why use

A physical sensory activity allows the individual to build on nerve connections, sending messages all around the body. It is allowing the individual to explore movement, self-expression and learning in their environment about their senses and how to express themselves in a safe and positive way.

It is giving the child personal choice through the music they choose, supporting healthy regulation and mindfulness.

A safe way to allow an individual to use their touch, smell and sight.

For more information about how we work please contact:
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