

SENSORY 360



PARALLEL

#Sensory360
@ParallelGlobal



The Sensory Projects

SENSORY 360

The Sensory 360 is designed to get you out there and connecting with the world around you at a sensory level. Everyone can get involved no matter their age or ability.

Work your way out through the colour rings in order taking your time to explore the sensations available to you. Be creative, play around, enjoy the sensation and the moment.

If you are helping someone else take part in The Sensory 360 consider things from their perspective. See if there are ways you can enhance the experience for them. You might:

- Fetch things that they can't reach so that they can explore them.
- Crush up a leaf or turn over some earth to release the scent.
- Cup your hand around their ears to direct sound, or invent a way of creating sound that they can join in with, for example you could hold up a branch for them to push their arm through.
- Wear a black t-shirt or bring a piece of black fabric outside with you, so that you can place leaves or flowers, or twigs or pebbles, whatever you find on it and there will be a good visual contrast to support them in being able to see it.
- Provide physical support to help them to move. You might fetch a movement from the environment and bring it to them using your own body, e.g. if you see the bough of a tree bouncing in the wind you might run and stand beside it, extend your arm and mimic the bounce, then walk back, maintaining the bounce in your arm, then bring your arm near to their arm, perhaps hold hands, or move so that your arm is underneath theirs and transfer the bounce from the world to their body.
- Most importantly all them to complete The Sensory 360 at their own pace, give them the time to connect with the sensations around them and to truly feel themselves within the environment.

TOUCH

Consider different textures available to you in your outdoor environment, you may be able to touch natural items like grass and trees and flowers, you maybe touching man made items like walls, iron railings and tar mac. Find things that are warm to the touch, cool, wet, hard, rough, soft, smooth, bumpy. Touch with your fingers, touch with your toes, press your nose to a tree trunk, sit with the backs of your calves resting on the grass or the warm tarmac. You have your whole skin to feel the world with, make the most of all that is on offer. Try feeling the world in a new way.

TASTE AND SMELL

Things give off more scent when they are warm, if it is a sunny day you will have lots of aromas to choose from. Move close to things, inhale slowly and steadily through your nose. Don't sniff the scent past so fast you miss it. Warming things by rolling them between your palms will release scent, of course be respectful we do not want to upset the neighbours by squashing their prize blooms. For some herbs rubbing a leaf between forefinger and thumb will transfer the scent to you. If you are supporting someone to access scent in the environment lift things close to their nose to maximise their opportunity to smell them and try not to wear a heavy scent yourself as it can overpower the smells we are exploring. If the plant you are exploring is edible why not have a little nibble and taste the world around you. Did you know Dandelions are edible (unless you are allergic)? Find out about other plants in your neighbourhood. Wake up: smell the roses and taste the dandelions!

LISTEN

Think about listening in different directions and locations, sound bounces all around us in waves. Imagine yourself in a swimming pool with waves from other swimmers hitting your body from all directions, that is what sound is like, try standing or sitting near to a wall and listening, and compare this with standing in an open space. Move close to buildings, bushes, trees, what can you hear? Lie down on the ground, what can you hear? How can you make sound in the environment, if you run your hand through the leaves of a bush can you hear the rustling, if you drag a stick along a wall can you hear the scratching. What sounds can you hear coming from far away? What about you, can you hear the sounds your body is making? You are a part of this world. Listen to the sounds around and echo them back, copy the bird's song, the car's engine, the sssing of the leaves. Try closing your eyes and focusing on the layers of sound surrounding you.

LOOK

This one is about seeing, not identifying. Sight is our most dominant sensory system and those of us who are able to use it get accustomed to using it as a tool for identification, we look and recognise "that's a house," "That's a car", "that's a dog", "that's a gate". Look more than this: what colour is the house, what texture, see the shine on the car and on the dog's fur, notice the rust on the gate, the flecks of copper colour behind the blue paint. Use the aperture in your Sensory 360 card to help you focus, scan your environment, can you see something red, orange, yellow, green, purple, blue, pink? Use the card close up, laying it on things and inspecting the circle of the world framed by the card, use the card at arms length: a porthole to the view. When mirrors were first invented people were bewitched by them, gentlemen considered it delightful to take a walk with their "looking glass" and look at the world reflected in the mirror instead of in real life. Because of the colour of the glass this acted like putting a filter on a photograph does today. If you are supporting someone to access the visual delights of their environment stick the aperture onto a mirror that is safe for them to handle, and angle it to give them views of things they might not otherwise see.

MOVE

We move about our environments in a very practical fashion, we are concerned with blockages to our path, with getting from point A to point B. But actually our environment moves us, hills lift and lower us, slopes tilt us, the world spins beneath us and we hang on. The aim of this penultimate ring of The Sensory 360 is to be conscious of our movement in relation to the space we are in. Simply moving and noticing the environment acting on your movement counts, but you can also actively get yourself involved with movement in the environment: notice opportunities for it: low walls to balance on, steps to bump down, ramps to roll down, a place we can sit and swing our legs, or a branch we can swing our bodies from.

Allowing your movement to be inspired by the environment (reference to Grass Dance if this is a part of Parallel) is another wonderful way to get involved in The Sensory 360, can you move in circles like a leaf in the breeze, can you bounce up and down like a bow in the wind, can you stretch your arms wide and soar like a bird? Notice movements in the world around you and invite them into your body for a while, mirror them, echo them, dance with the world.

BE 360

Take time at the end of the 360 to allow each of the sensations you have explored to sink in. You are here, this world is all around you and you are a part of it. You are a living, feeling, tasting, smelling, listening, looking, moving, sensing, loving them.

It has been wonderful to have you as a part of The Sensory 360. Thank you for taking part!