

Design A Flag

Whether they're waving on top of a sandcastle, planted alongside the flowers in the garden, or stuck up in your bedroom. Flags are a great way of expressing your creativity and always look great flying in the summer sun.

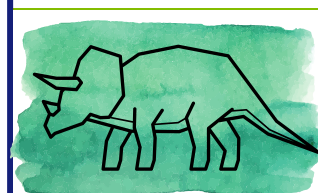
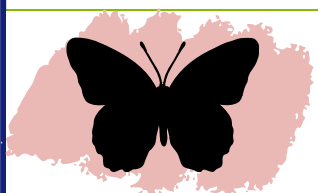
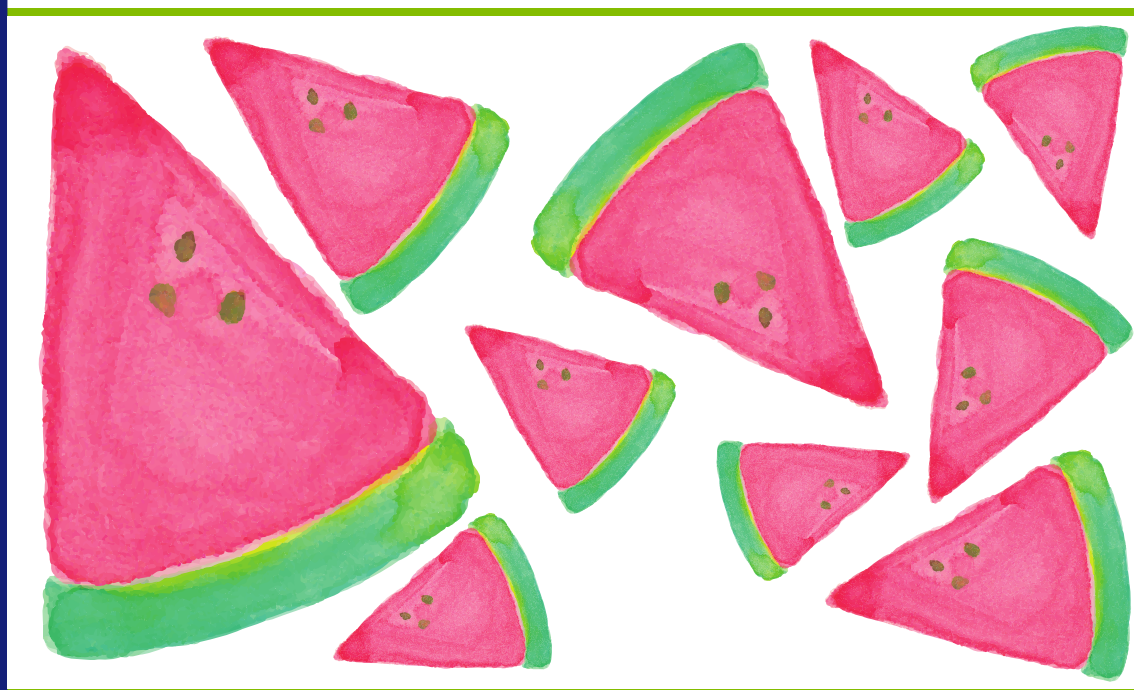
Use the template on the next page to design and create your very own flag - where will you fly it?



making sense of senses

Sensory Tips & Ideas:

Create a flag that celebrates your senses! Use scented colours, finger paints, feathers, glitter, buttons or personal photos to add a sensory sparkle to your design.



Once you've finished your design, fold across this line, place a wooden skewer in the flap, and then stick it down using sticky tape. Then you'll be ready to wave your flag.

Summer Bingo

There's nothing like a game of bingo to help you make the most of your summer. We've created a bingo card full of tasty, tactilely, fine-motory, summery, foody, naturey, bubbly, sandcastely fun!

Mark off the boxes as you complete them and find yourself having a brilliant sensory summer.

Sensory Tips & Ideas:

- Play along with friends & help each other mark off the boxes.
- Make your own personal summer bingo card. e.g. Walk Champion the dog.



Treat your taste buds to fruity ice lolly



Build the biggest sandcastle

Head outside for a lovely summer picnic



Follow a butterfly flying from flower to flower



Free

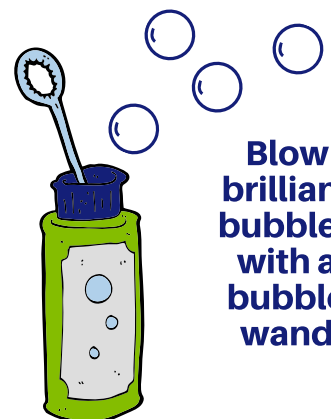


Spend a day connecting with nature in the park



Grow the tallest sunflower

Make a splash in a paddling pool



Blow brilliant bubbles with a bubble wand

Fruitstravaganza!

We've been chopping up our favourite fruits ready to make a deliciously daring, tantalisingly tasty, fruit smoothie... but we don't know how many pieces of each fruit we have, can you help?

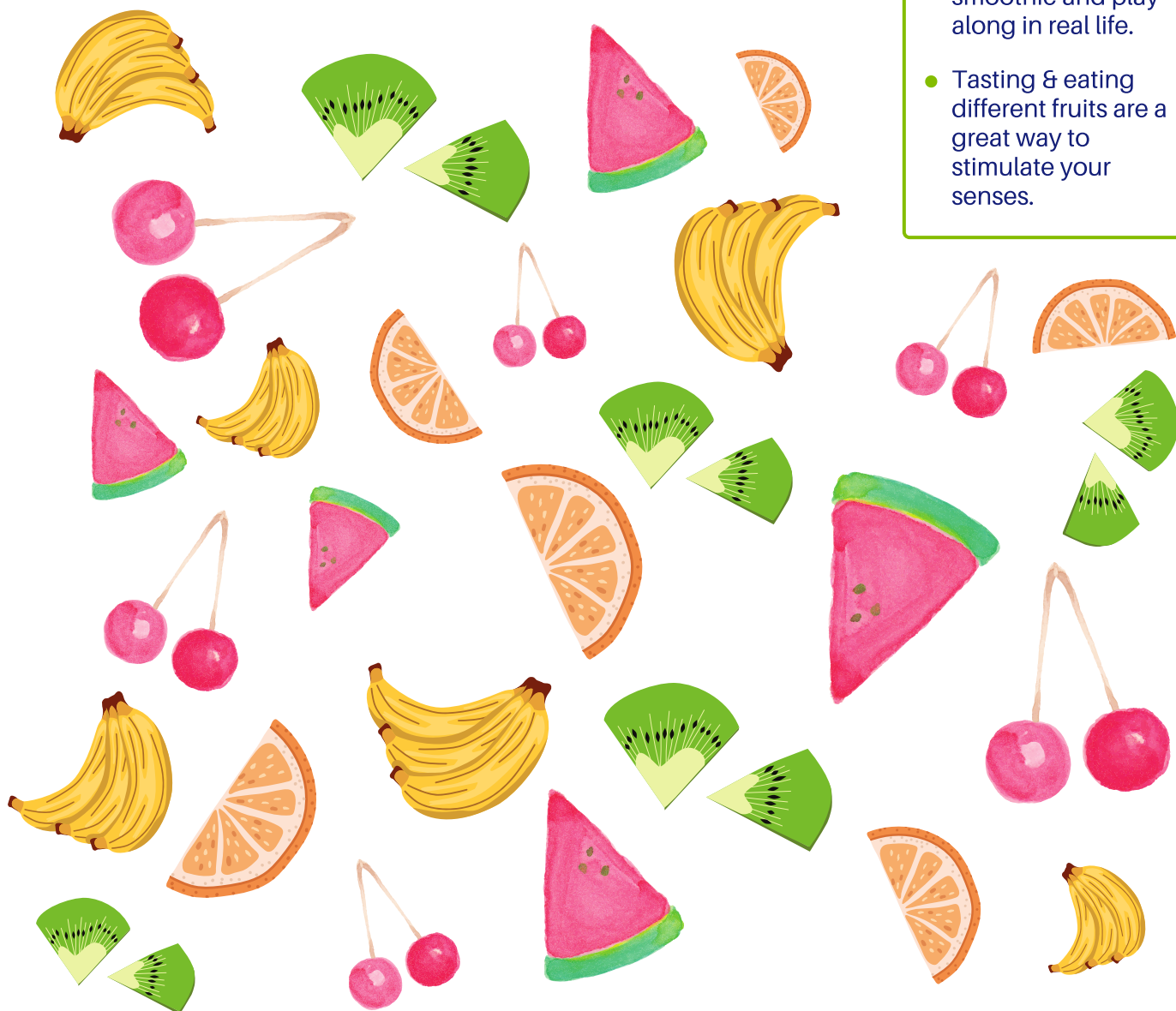
Count the different pieces of fruit, and let us know how many we have in the boxes below!



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Sensory Tips & Ideas:

- Which is your favourite fruit?
- Make your own smoothie and play along in real life.
- Tasting & eating different fruits are a great way to stimulate your senses.













Five Summer Senses



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Warm sunny days, bright flowery fields and exciting days out make summer the perfect time to explore your senses. We've set out a grid below to help you think about your favourite summer senses, think about what makes them special.

Fill out the grid below with your favourite summer senses.

Sensory Tips & Ideas:

Once you've written down your favourites try and experience them all by the end of the summer!

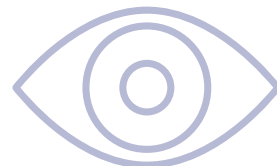


Sounds

(Buzzing Bees, Seagull Squawking, Beach Waves)

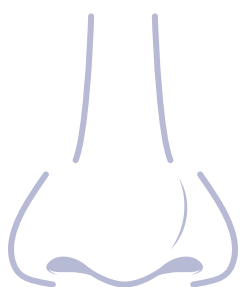
Sight

(Flowers, Sun, Ice Cream Van)



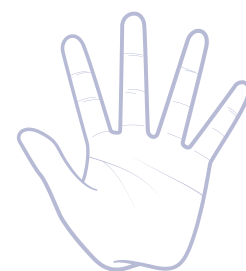
Taste

(Ice Cream, Strawberries, Orange Juice)



Smells

(Sun Cream, Fresh Grass, Salty Seaside Air)



Textures

(Sun Cream, Fresh Grass, Salty Seaside Air)

Sensory Exercise

With the sun shining, it's the best time to head out and treat your senses to some exciting sensory exercise. Getting your body moving is a great way to feel more comfortable and confident in yourself, boosting your self-confidence.

Check off each of the boxes as you complete the sensory exercise.



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Sensory Tips & Ideas:

Keep your body moving and repeat the exercises each week. Find new ways of doing things and have fun!

☐ JUMPING

Jumping is great for developing your vestibular systems (balance) and gross motor skills (movement) ... and it's also lots of fun.

Fun ways to jump!

- On a trampoline
- Into a ball pool
- In puddles



☐ WALKING

Take things slowly and go out on a relaxing walk. It's a great time to focus on your other senses and connect with nature.

Fun ways to Walk!

- With friends through the park
- Whilst listening to music
- Why don't you skip instead?

☐ SWINGING

Swinging also stimulates your vestibular system helping you feel more balanced. It's also great for relieving anxiety.

Fun ways to Swing!

- On the swing in your local park
- On your belly in a basket swing
- Side to side on a hammock



☐ DANCING

Connect movement to sound, explore your bodies movement, and get a happy boost of endorphins. Exercise doesn't have to be boring.

Fun ways to Dance!

- Along to a routine
- With your friends
- In a darkened room with colourful mood lighting



☐ ROLLING

Rolling stimulates your vestibular, proprioceptive and motor senses, helping you to feel more confident in your body and how it moves!

Fun ways to Roll!

- Down a hill (carefully)
- Wrapped in a blanket
- Whilst pretending to be a snake.

Sensory Smoothies

Summer is filled with opportunities to treat your tastebuds to new and exciting fruity flavours. So we've put together some of our favourite smoothie recipes for you to have a go at making!

Once you've got the ingredients prepared, pour them into a blender and blitz into a delicious smoothie!



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Sensory Tips & Ideas:

Treat your tastebuds to a fruity adventure by trying all of the the smoothies below. You might find a new favourite!



Tropical Twist

Ingredients:

- 200ml Coconut Milk
- 4tbsp Coconut Milk Yoghurt
- 1 Banana
- 120g Frozen Mango Chunks



Palm Breeze

Ingredients:

- 150g Pineapple (peeled & chopped)
- 1 Banana (peeled & chopped)
- Juice of a Lime
- 50ml Cold Water



Berry Burst

Ingredients:

- 450g Frozen Berries
- 450g Fat Free Strawberry Yoghurt
- 250ml Milk
- 1tsp Honey



Watermelon Wonder

Ingredients:

- 150g Watermelon (peeled & chopped)
- 1 Banana (peeled & chopped)
- 100ml Apple Juice

Sensory Tips

- Sprinkle some oats or seeds into your smoothie for an added crunchy texture.
- Inspire that holiday feeling by adding a fresh slice of fruit to the rim of your glass. Think about how the tastes of the fresh fruit differ from the smoothie, which do you prefer?
- Transform your smoothie into a fruity desert by adding a scoop of ice cream, it should taste more like a yummy milkshake.
- Pour your smoothie into a glass filled with ice for a more refreshing drink (and an added sensory treat).
- Have leftover smoothie? Pour it into an ice-lolly tray, add wooden sticks, put them in the freezer, and eat them as tasty ice lollies the next day!
- Why don't you try making your own smoothie by blending your favourite fruits together?

Colour Me In

Whether it's raining or if you'd just prefer a relaxed day at home, colouring in is a great way of channelling creative energy, building fine motor skills, and stimulating your visual and tactile senses.

Paint, draw and colour in our plain ol' bucket & spade - make it your own!

Take a picture of your design and share it with us on social media @RhinoSensoryUK



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Sensory Tips & Ideas:

You don't have to save this activity for a rainy day. Why don't you head outside and colour in within nature?

