

Beth Tzedec Congregation

Toronto Sensory Room Prompts

In our busy, everyday lives, we have numerous opportunities to engage in a **heightened** way. By habit, we often experience our environment through a go-to primary sense.

This list of prompts offers **ideas and suggestions** to help you explore the equipment in a relaxing way when you book a session in Beth Tzedec's Sensory Room. **It includes and expands beyond those from the training video.**

Discover what it's like to access **ALL** your senses in a variety of ways. We encourage you to have a rich, meaningful, and soothing experience.

Thank you to Lesley Rocklin, the founder of TFH Canada and the Canadian representative on the Board of the International Snoezelen Association, and her team, and Rabbi Steven Wernick, Executive Director Phil David, the Spiritual Leadership Team and the Staff at Beth Tzedec Congregation in Toronto, for creating a welcoming, inclusive, and adaptable environment for calming exploration and discovery.

What makes a Sensory Room session at Beth Tzedec different from our usual experience of the environment around us?

The Sensory Room at Beth Tzedec is designed as a **calming** space where children 4 and over accompanied by their supervising adults, or adults over 18 (with their support people if needed), can focus on **opportunities to decompress and simply become aware.**

You may already have experienced that feeling of decompressing, of letting go of the everyday, while getting a massage or reading a book. In Beth Tzedec's Sensory Room, let's explore and give **ALL our senses - seeing, hearing, touching, tasting, smelling, and feeling emotions** - the opportunity to shine.

Just notice what its like to experience the space in different ways. For example, using only your baby finger compared to using all your fingers at once, offers different sensory information and can help you slow down. Even something small can have a big impact!

Exploration is about possibilities. There is no right or wrong answer, so let's try out a few ideas and see! You can leave suggestions out or add your own. There is no special order: it's YOUR chance to discover.

- **Pause and take a deep breath.**
- **Exhale and invite your calm quiet voice to your experience.**
- **Give your body time to notice.**

Ready? Let's explore!

UPON ENTERING THE ROOM, BEFORE EQUIPMENT EXPLORATION

- **Just inside the entry door**, even before you go to or touch any of the equipment, place your hands over your heart.
- If you choose, to help you focus, you can close your eyes or look down for this.
- Can you feel your heart beating?
- How fast are your thoughts?
- **Before you leave the room at the end of your session**, try this again. Notice if anything is different.

You can start your session anywhere in the room, try out different pieces of equipment, and even use these questions to compare your experiences between different pieces.

Here are some questions you can ask yourself and give your answers out loud if you like.

Really, these same prompts and ideas apply to most pieces of equipment in the room.

Remember, **allow yourself time** for the answers to come. **There's no need to rush** or to complete all the questions with all the equipment. You may be surprised by all the things you notice!

AIR TUBE

- **"What do I see?"**
- What shapes do you see inside the tube? And on the outside?
- Use both eyes to look at the air tube. What do you notice? Now make a tunnel with your hands and look at the tube through that. Do you notice any differences in what you see?
- Try covering just one eye and notice what you see. Now cover just the other eye and notice. What are the differences?
- When you gently touch the colour selection box buttons, what do you notice?
- Where in your body do you notice the colour?
- How does each colour you choose make you feel?
- Where in your body do you notice the feelings?
- Do you feel different kinds of energy with different colours?
- Where in your body do you notice the feelings?
- Do the feelings you notice remind you of anything?
- Does looking at the air tube remind you of anything?
- **"What do I hear?"**
- When you bring your attention to the air tube, do you hear anything? Does that change when you move closer to or away from the tube?
- Try covering one ear, then the other ear, then both ears at once. Does that change what you hear?

- Does the sound remind you of anything?
 - If you don't hear anything at all, can you imagine any sounds the air tube might make?
 - What part of the air tube is making that imaginary sound?
 - How does the sound – even if you imagine it – make you feel?
 - Try using your very quietest whisper to make the sound you imagine.
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- **“What do I feel?”**
 - Touch the outside of the air tube with only your baby finger and take a moment to notice. Now touch the tube with more than 1 finger. Now go back to touching with only your baby finger. What do you notice?
 - Use the palm of one hand to touch the tube. Now try using both palms at once. What do you notice?
 - At the same time, touch the air tube with the palm of one hand and the back of the other hand. Do both of your hands feel the same when they touch the tube? If using both hands at once isn't possible, try one side and then the other of just one hand.
 - Gently rest the palm of one hand on any colour button on the colour selection box. Now switch and gently rest only 1 finger of that same hand on that same colour. Do you notice any differences?
 - When you gently push a button on the colour selection box, do you notice anything anywhere else in your body?
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- **“What do I smell?”**
 - Even though this room is fragrance-free, what do you imagine the air tube smells like?
 - Do any parts of the tube smell different from any other parts?
 - Where in your body do you notice any imaginary smell of the tube?
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- **“What do I taste?”**

Even though **we don't put anything in the room near or into our mouths or lick anything**, we can still use our imaginations.

- What do you imagine the tube tastes like?
- Do any parts of the tube taste different from any other parts?
- Where in your body do you notice any imaginary taste of the tube?

STAR MAT (wall-mounted)

- Stand away from the Star Mat and look at it with both eyes. Now make a tunnel with your hands and look through it at the Star Mat as you move closer to the mat. What do you notice?
- Do you see any colours when you look at the Star Mat?
- How do the lights and the dark background of the Star Mat make you feel?
- Run your fingertips along the Star Mat. Now try running your palms along the mat. What do you notice?
- Do you hear any sounds coming from the Star Mat?

- If not, what kind of sounds do you imagine it would make?
- In your imagination, what does the light of the Star Mat smell like? Does it remind you of anything?

MULTI-BUBBLE MIRROR

- What shapes do you see when you look AT the mirror?
- Use both eyes to look at the mirror. What do you notice? Now make a tunnel with your hands and look at the mirror through that. Do you notice any differences in what you see?
- Try covering just one eye and notice what you see. Now cover just the other eye and notice. Are there any differences?
- Does what you see change when you move closer to or away from the mirror?
- Does this remind you of anything?
- How do you feel when you look at things through the bubble mirror?

COLOURED TEXTURED MATS

Your body and senses will work with your brain to remember experiences and communicate to give a voice to your skin. Let's discover what information your skin wants to share!

- Touch one of the mats with your hand. Now try touching that same coloured mat with your elbow. What do you notice?
- Choose one of the coloured mats to touch. What does it feel like when you touch it? How does it make you feel in your body when you touch that?
- What does it remind you of?
- Does that mat feel like it has lots of energy? Does that energy feel wide and spacious or small and concentrated?
- Does the energy feel like it's moving? If it does, what does the movement feel like?
- Let's compare. Does the blue (or colour of choice) of the coloured mat look the same as the blue of the fibre optic tails? Does it feel the same?
- In your imagination, if the green coloured mat (or colour of choice) had a smell, what would it smell like? What does it remind you of?
- Would the green gel floor mat smell the same?

HEAT-SENSITIVE TACTILE CIRCLE

- How big is the mark you make when you touch it with just one finger? Notice you don't necessarily need big or hard or rough movements, because **even a small action can make a big difference.**
- What does it feel like to you as images on the circle appear and disappear?
- What does it sound or smell like to you, even if it's in your imagination, as images on the circle appear and disappear?

FIBRE OPTIC TAILS

- Notice what it's like to hold just 1 tail. Now how about a few tails? And what do you notice when you hold a bunch?

- Take a bunch of tails and drape them over your shoulder or across your lap. How does that feel to have them sitting there?
- Take a bunch of tails and let them slide through your fingers or across your arm. What does that feel like? Does it make a sound?
- What do you notice in your body when you hold just 1 tail very close to you or further away? Is there a difference in what you notice when you do the same thing with a bunch of tails?
- Use the colour selection box to change the colours of the tails. How do you feel when you have a small group of one colour? Is it different for you in any way when you have a larger group?
- Do the fibre optic tails remind you of anything?
- Pick a colour for the fibre optic tails and, **without putting them near or in your mouth**, IMAGINE what they would taste like.

WEIGHTED MAT

- Some people like to place the mat in their lap while they sit on a chair or beanbag, or lie on the ground. Give it a try. How does that feel to you? Does it change in any way how you feel in your body?
- Some people like to lie stretched out on the ground and place the mat over their eyes or on their legs or their midsection. Maybe you'd like to try this and see what you notice?
- Can you think of any smell that makes you feel the way you do when the mat is on you?

GEL FLOOR MATS

- Does the colour on the floor FEEL different than when you look at it with your eyes?
- Imagine the sound the coloured gel makes when you gently roll your hands across the mat. What does it sound like to you?
- When you feel the gel move under your feet, does it remind you of anything?
- What does it feel like in your body when you touch and move the gel inside the mat?
- What does it sound or smell like to you as the gel inside the mat moves around?

SMALL TUBES

- As you turn the tube, watch what's inside with both eyes, and then with just one eye. What did you notice?
- Turn a tube upside down on the table or the floor. Try to follow what is moving inside the tube with your eyeball and your finger at the same time.
- Sync your breath with the movement of the stuff inside the tube. How does your body feel when you do that?
- Hold 1 tube in each hand, then make one slowly follow the other as if they were rolling lengthwise, end to end, one tube leading the other. What does this rhythm feel like?
- Can you hear or imagine hearing what the stuff inside the tube sounds like?

Try this before you leave the Sensory Room:

- Lie on the ground and imagine what blue tastes like. Now how about another colour, whatever pops into your imagination?

- Either laying down, sitting down or standing up, repeat what you did when you first came into the room.

Place your hands over your heart. If you choose, to help you focus, you can close your eyes or look down for this. Can you feel your heart beating? How fast are your thoughts? Notice if anything is different from when you came into the room.

CONCLUSION

It's pretty interesting to settle into our unique bodies and give attention to all our senses.

And it's pretty amazing to know that each time we explore the Sensory Room here at Beth Tzedec, we can remember and relax into the familiar, and discover new possibilities.

Thanks for exploring with us!

We really look forward to welcoming you to your next session in Beth Tzedec's Sensory Room.