

Christmas Sensory Scavenger Hunt

Sensory activities can help people with FASD feel calm. What sensory activity helps you?

Find a red light



Find something that smells like pine trees



Find something that is minty tasting



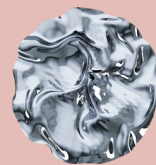
Find something that makes you happy



Ring a bell



Find something that is silver



Find a spice that smells Christmassy



Christmas Sensory Scavenger Hunt

These are just suggestions - what makes your senses happy?

Count how many Father Christmases you see at home

Find something soft

Sing your favourite Christmas or holiday song

Find something you are thankful for

Ring a bell



Find something that makes a crinkling noise

Go for a walk with a trusted adult and find a holly tree or count how many houses have decorations



What are our senses?

Did you know we have different types of senses?
There are more than you might think!

You probably know about these senses

Taste



Touch



Smell



Hearing



Sight



But do you know these senses?

These are really important for people with FASD

Interoception

This is our sense of knowing what's going on inside of our body

Proprioception

This is our body awareness and help us know where our body is without looking

Vestibular

this is our balance and helps us keep upright



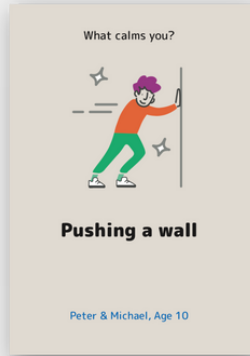
What sensory activities do you like?

Everyone with FASD is different. Write down here what helps you.

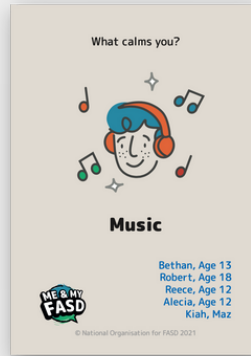
Here are examples of what helps some others with FASD



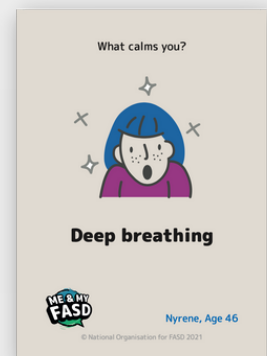
Vestibular



Proprioception



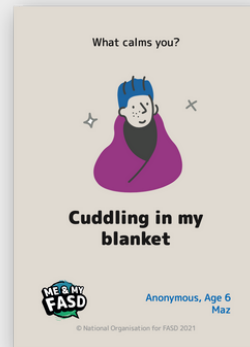
Hearing



Interception
Smell

What helps you?

Write it here



Touch



Taste

