DESCRIPTION

A Sensory Cushion is a cushion with pockets, in which assorted items are attached inside so they can be pulled out and fiddled with, but not removed.

The cushion is designed to provide a spectrum of sensory experiences: visual, tactile, and even auditory.

Include a variety of materials: soft/silky/furry and beads on a rope, buttons/sequins/rope/ribbons. Use bright contrasting colours for visual stimulation.

APPLICATIONS

The cushion can be used to manage agitation as a calming tool to soothe the person. Items in the pockets stimulate the senses and occupy the hands.

For a person who gets anxious and calls out it can be used as a distraction tool to focus the person onto an activity in which they enjoy and are familiar with.

Be Creative:

Enjoy making your sensory cushion; see the easy pattern information sheet 2.07.