



Visual



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing

Visual Sensations - Sight

Your awareness of light levels, motion, colour and depth in the world around. When visual stimulation is paired with another sensory system, learning increases

What can you see? Add visual input by doodling, highlighting, jotting notes, sketching



Using a visual image can enhance learning, focus, memory & bring a touch of calm

Reset your visual system



Look for the rainbow. Can you find red, yellow, pink, green, purple, orange, blue around you? Or five green things perhaps

Tactile



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing

Tactile Sensations - Touch

Responds to pain, temperature, displacement, pressure, vibration, movement, stretch. Tactile receptors are all over your body, constantly in action

What can you feel that is keeping you grounded & alert?

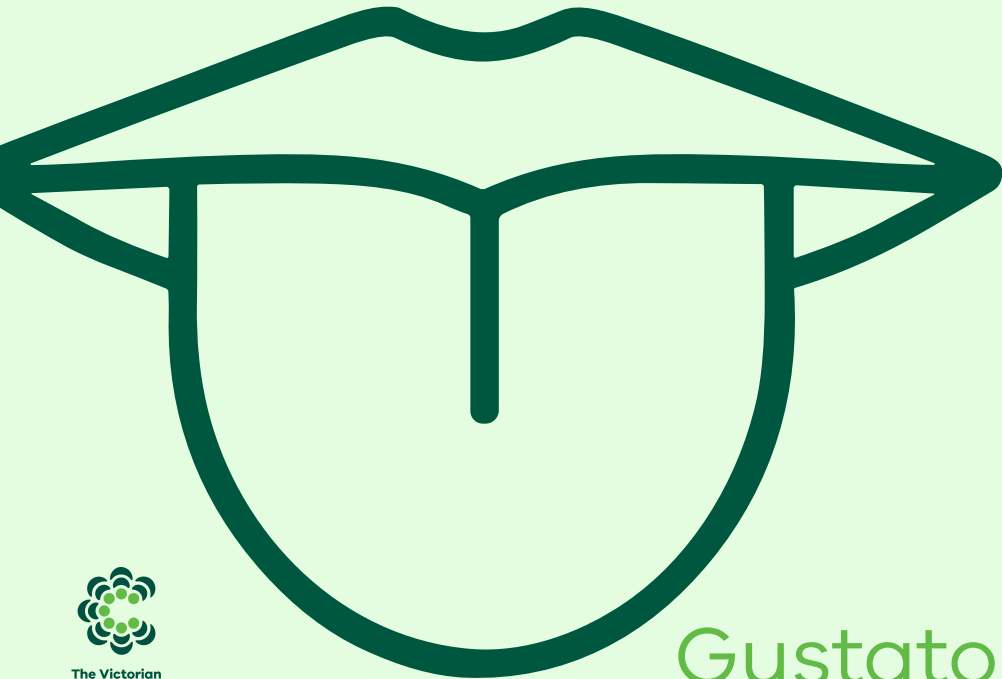


A lipbalm? A fidget spinner? A cosy jacket? A warm mug? A cool glass? What tactile items enable you to stay focused?

A mindful tactile moment



Notice - the air on your face, your watch, this card in your hand, glasses on your nose, socks on toes, the feel of your skin



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing

Gustatory

Gustatory Sensations - Taste

More than taste, the gustatory system gives you information about flavours, textures, temperature and pungency - all in a mouthful

Gustatory stimulation may alert or calm. A cold drink refreshes. A straw provides strong feedback



Does chewing gum help you focus?
Or sipping that cuppa support learning?

Reset your senses



Warhead Grounding - suck the treat and notice your thoughts, dominated by the intense sensations in your mouth



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing

Auditory



Auditory Sensations - Hearing

Your auditory system allows you to hear what's around, process information, filter and respond accordingly

What auditory strategies enhance your ability to listen and focus?



Lots of noise? Silence? A particularly kind of music? Background noise? White noise?

A mindfulness moment -

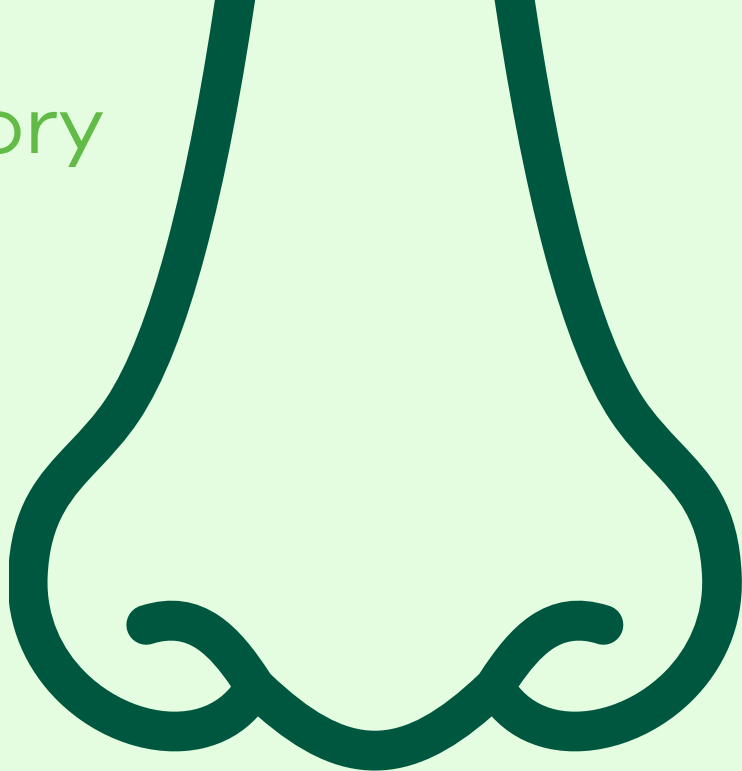


Unwrap the yellow earplugs, notice the sound. Squish the plugs, mould & place in your ears. What can you hear? Which do you prefer?

Olfactory



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing



Olfactory Sense - Smell

Smell is often subconscious, prompting memories and emotions.
Smell influences choice, repels, alerts to danger & attracts

What do you like to smell? What
do you NOT like? What does
coffee smell like, remind you of?
Spring blossoms? Damp earth?
Washed hair?



What olfactory strategies and
sources do you use everyday?

Reset your olfactory
system



Tune in to the smells
around you, notice your
emotions, memories and
body response. Breathe



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing



Vestibular

Vestibular Sense - Balance

Staying upright, managing dizziness, not falling over - it's all in the ears and the eyes

Regular stretch breaks increase productivity, support concentration & improve balance



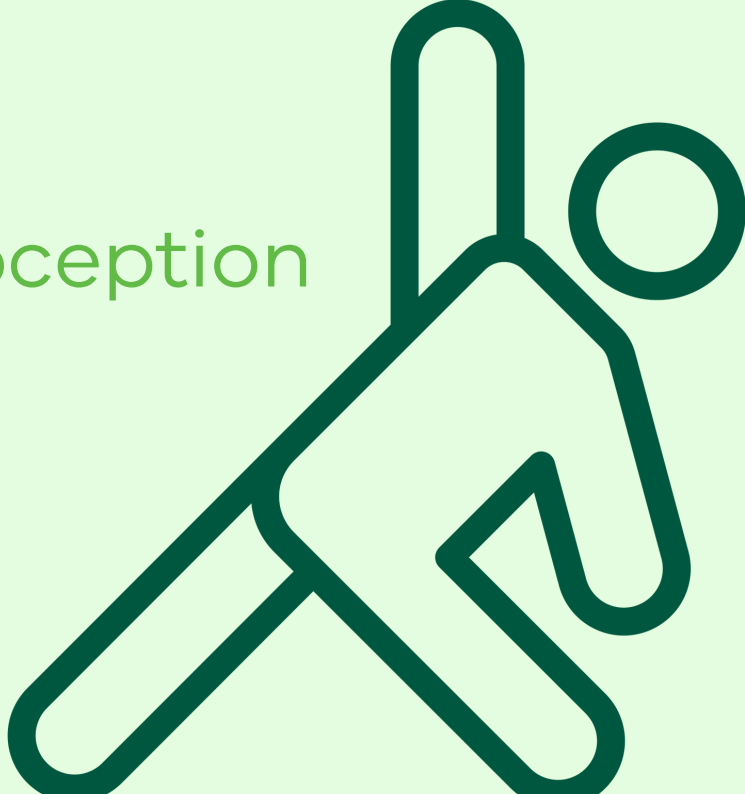
How are you caring for your vestibular sensory system today?

Vestibular balance in a minute



Stand up and streeeeetch! Touch the sky, your toes, lengthen your back and feel good

Proprioception



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing

Proprioception - Body Movement

Noticing how your body is moving & positioned. Deep pressure in your joints keeps your body still & ready to move

What strategies are you using to increase your body awareness and feel grounded in place?



Using a stress ball? Knee jiggling? Compression leggings? Deep pressure touch?

Restore proprioceptive balance?



Stand on one leg, sit with a heavy bag on your lap, push down on a chair with hands & thighs



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing



Interoception

Interoception - Internal Body Awareness

Noticing and understanding the feelings coming from inside
minute-by-minute mapping of the internal body state

What's happening inside your
body?

Are you hungry? Thirsty? Tired?
Busting? Hot? Tingling? Buzzing?



What strategies are you using to
increase your mind-brain-body
connection?

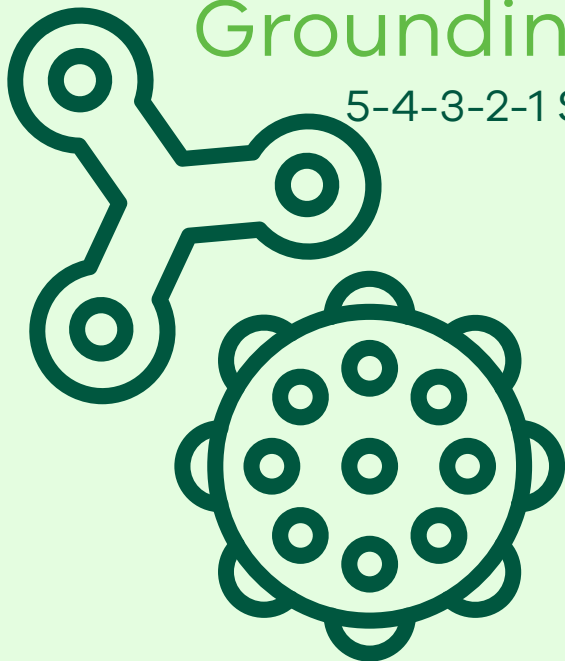
Interoception in a
minute



Deep breathing. Breath
in slowly to the count of
eight. Breath out to the
count of ten. Repeat.

Grounding Exercise

5-4-3-2-1 Sensory Grounding



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing

Grounding Exercise

5-4-3-2-1 Sensory Grounding

Look around you. Identify and name:

5 things you can see

4 things you can feel

3 things you can hear

2 things you can smell

1 thing you can taste



We are multisensory beings. All of your senses may be stimulated or soothed during this activity

Grounding Exercise

Feather Breathing



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing

Grounding Exercise

Feather Breathing

Keep your body still, hold a feather near your face
Breathe in through your nose, breath out through your
mouth

Repeat, repeat, repeat

Notice

How the feather moves with your breath
Your breath's rate, temperature, sound
How you feel after breathing... noticing...

This exercise is multi-sensory. And it activates your polyvagal pathways

Grounding Exercise

Warhead Explosion



**The Victorian
Collaborative Centre**
For Mental Health & Wellbeing

Grounding Exercise

Warhead Explosion

Unwrap your warhead lolly. Put it in your mouth then bring your attention back to each of the senses - if you can!



Notice

What happened to your thoughts when eating the warhead? Could you focus on anything other than what was happening in your mouth?

Extreme tastes create an intense sensory reaction, momentarily overwhelming taste receptors, grabbing attention, distracting from thoughts. Almost like a sensory "reset." This sudden jolt can cause alertness & bring awareness back to the body - creating a grounding effect.