

Celebrating cinnamon at Sonya Lodge Residential Care Home



Here at Sonya Lodge Residential Care Home we enjoyed marking National Cinnamon Day on Wednesday 1 November.

We enjoy sensory based activities at our Home, so we thought a **sensory tray with cinnamon** as the theme would be a great idea. Cinnamon is a very **warming scent** which is usually associated with the festive season, so we had a tinsel headband, a cookie cutter, cinnamon quills and a big paper bow!

Our residents enjoyed smelling the cinnamon quills, feeling the bow and some, wearing the headband! The scent of spicy cinnamon brought back lovely festive memories for some of our residents which gave us all a great opportunity to reminisce.

Of course, we had to have something edible too! So we tucked into some **scrumptious cinnamon buns**! Flaky pastry, sweet brown sugar and of course lovely cinnamon – *it was a brilliant way to spent a cold autumnal day.*