

Stimulating the senses at Sonya Lodge Residential Care Home



We created a sensory tray for our residents to enjoy recently at Sonya Lodge Residential Care Home.

Our ladies had fun smelling and touching various mystery pots on a tray which contained;

*Aloe vera
A rose from our garden
Mint
Lavender
Sand
Soil
Stone*

Our residents were able to describe what they touched and smelt and identified many of them.

It was such an interesting activity – a great to get our noses and finger tips working!

