

## Tickling the senses at Sonya Lodge Residential Care Home



**Sensory-based activities are so important to our residents at Sonya Lodge Residential Care Home and help to evoke memories and conversation topics with are essential as part of our reminiscing work.**

Whether it is smelling scents, feeling textures, seeing colours and shapes, tasting flavours, or hearing a range of sounds, they all enrich the overall activity experience. Some examples of these activities this week have been **flower arranging, cake decorating (and tasting)** and the **'Smell & Tell' board game**.

Our residents loved **arranging flowers into beautiful displays** to place around our Home. Many of our residents have stated that certain flowers are their favourite smells. It is always amazing to see how smelling the flowers, feeling the petals and gazing upon the colourful arrangements can lift someone's mood and emotional wellbeing.

Some of our residents got their hands messy and then tickled their tastebuds during our **cake decorating activity**. Residents iced and decorated their flavoured cakes before devouring them. *Yummy!*

We also played the **'Smell & Tell' reminiscence board game**. When playing this game residents in turn would smell and identify different scents and then talk about them together. It was so interesting to hear all their stories that were brought to the surface by specific scents.

