



Resonance Boards

These boards are a great way to engage those with sensory impairments, hearing loss or deafness. Allowing for safe exploration and control of their environment.



What you will need:

- A large piece of wood, or a large clear place on the floor. Making sure there is enough space to lie down and stretch out.
- Sensory items such as, ice packs, hot water bottles, shredded paper, different types of brushes or sponges, water.
- Vibration items such as musical instruments, balls, spoons, toys, even kitchen items like blenders or electric mixers.

How to make the game

- Allow the person to sit on the wood or lie down. Start exploring the items.
- Ice packs and hot water bottles: allow them to explore the hot and cold, with just their hands and feet or over the whole body, let them feel how it heats and cools the wood or floor.



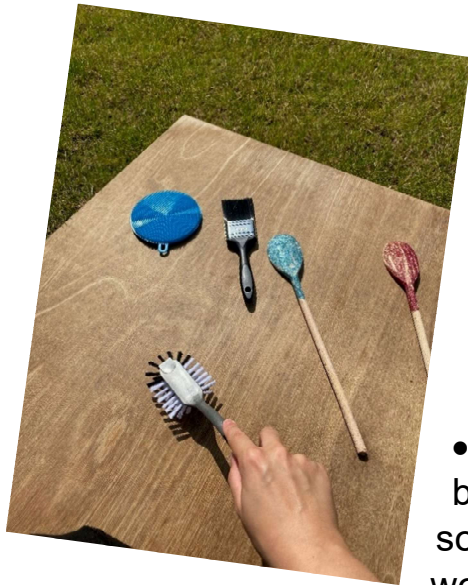
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- Fans: Use to explore the feeling of wind on the whole body, explore which part of the body they enjoy it most on, go fast and slow, use it to blow paper around them.
- Shredded paper, parachutes, blankets: explore how they slide across the wood or the body, how they can feel different or slide themselves across the wood.



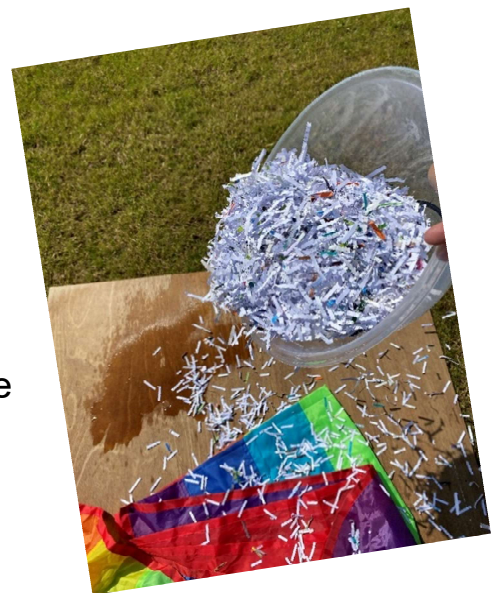
- Musical instruments: create vibrations on the wood, this allows the whole body to experience it. Place on the body at different places to explore how they feel in different areas. If you don't have musical instruments, use spoons or other items that make vibrations for the same effect.

- Balls: rolling them to explore fast and slow, drop the ball on the board from different heights to explore the vibrations it causes.

- Water: pour it over the body, pour it on the board so they can feel the wet wood, or slapping it to splash

and explore it themselves.

- Sponges and brushes: explore different textured sponges and brushes, use over the body to see what sensations they enjoy, scrape them across the wood to explore the vibrations they make.



Benefits

- Sensory boards allow the person to use their whole body to explore the environment and different types of sensory experiences.
- For those with hearing impairments, the vibrations the board provides allow them to experience a sensory activity using their whole body. It provides a safe space to explore new sensations and can allow them to start to learn about their body placement in the wider world.



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- It can be a great connecting experience between the person providing the activity and those experiencing it. Listening to what they like or don't like either verbally or through non-verbal communication. This is giving them control over what they are experience.
- Can also be used as a bonding experience for siblings or parents/carers if they share the board and experience, this allows you to explore their world and how they are experiencing the sensations. Meaning you are in it together.
- Can explore properties such as hard and soft, fast and slow, hot and cold, more or less.



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