

## Sensory

Sensory activities and tips

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# A Jewel of a Sensory Kit

Sensory/Reminiscence Kit

## Goals of the Sensory Kit

The goal of the sensory kit is to provide a variety of interesting, theme-oriented stimuli (for a variety of abilities) that will enhance the sensory environment and encourage a memory tie-in to the sensory experience.

**Begin with a large jewelry box.** Choose one large enough to hold all your items. A musical jewelry box would be nice.

## Fill your box with:

- Old jewelry. Check your local flea market for some interesting pieces. Include:
  - Pins and brooches
  - Rings of all colors and sizes
  - Necklaces (strands of pearls, pendants, lockets, etc.)
  - Bracelets of all sorts
  - Earrings (clip-on type, pierced earrings, loops, etc.)
  - Hatpins, hair clips, etc.
- Don't forget the men. Add:
  - Cuff links
  - Tiepins
  - Shirt studs
  - Old watches (wristwatches and pocket watches)
  - Military ribbons, medals, and pins
  - Watch chains, coin purse, etc.
- Add other things that you might find in a jewelry box, including:
  - Loose beads
  - Foreign coins (left over from a trip)



- Comb and brush
- Small ring box
- Favorite handkerchief
- So far, you have many things people can see and touch. What about something to smell? Although you might not normally find them in a jewelry box, add:
  - Small, purse-sized bottle of perfume (The roll-on type is nice.)
  - Small bottle of cologne for the men
  - Small bottle of hand cream

**In addition,** have the following available:

- Video of [“Diamonds Are a Girl’s Best Friend”](#)
- Some jewelry polishing cloths (You can also purchase pretreated cloths at your local jewelry store or use pieces of soft fabric.)

**The Sensory Jewelry Box can be used in many different ways:**

1. Explore the contents of the box and ask questions. (What are the different items and what are they used for?) Pass around the items and have each person examine them. (Look at it, hold it, feel it, and/or smell it.)
2. Try on various pieces of jewelry.
3. Put on some hand cream and perfume or cologne.
4. Polish some of the pieces of jewelry.
5. Sort the items by color, style, etc.
6. Match a pair of earrings to a necklace or bracelet. (What would you wear with this?)
7. Wind and set the watches.
8. Reminisce about favorite jewelry and gemstones. (Do you prefer gold or silver jewelry?)
9. Discuss jewelry fashions over the years. (Do you have pierced ears? Is it okay for a man to wear a necklace?)
10. Talk about birthstones. (When is your birthday? Do you recall your birthstone?)

11. Play the song “Diamonds Are a Girl’s Best Friend.” (Do you know who made the song popular? [Marilyn Monroe] Do you think diamonds are a sign of love?)
12. If you are using a musical jewelry box, discuss the song being played.

**NOTE: Unresponsive Residents/Clients**

Some of the props in this activity can be used when providing one-on-one sensory stimulation activities for individuals who are unresponsive (comatose, in the late stages of Alzheimer’s disease, etc.). For example, play the music and look for any reaction or response. Pass the perfume bottle under the person’s nose so they can smell it. Run the brush or comb through the person’s hair. Always explain what you are doing, even if you are not sure the person can hear or understand you.

**More Bang for Your Buck**

Keep your sensory kit handy to use over and over again. The items in the box can make for an interesting activity for most everyone.

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