## A Sensory Walk

## Written by Mary Atkinson for the Story Massage Programme <u>www.storymassage.co.uk</u>

Charmon and the	When you go for a walk, what can you see?	
	Pretty patterns on the	Actual leaves or
Catorymassage cost	leaves of every tree,	homemade ones
Citaryman spec co et	Fluffy clouds in the sky above,	Cotton wool
Cutorymassage.co.3*	And rainbows in windows, made with love.	
Cuormassage cost	When you go for a walk, what can you hear?	
Name of	The singsong of birds, both far and near.	Bird song on CD? Or whistle.
CMO THUSSING CO ST	Chatter of people, and a cheery hello.	
	The clatter of footsteps on	Sound of shoes
Satorymassage co. W.	the ground below.	banging. Or spoon on a plastic bowl.
Charmonage co. P	Feel the gentle breeze and warmth of the sun.	Paper fan
Nuk.	Smell the colourful	Actual flowers or
Catonia Co. 3th	flowers, one by one.	homemade ones. Or
"Vmassage.co"		aroma oil on tissue.
Charmanage of the	Take time to find joy everywhere	
Constant of the	In this sensory world that we all share.	