







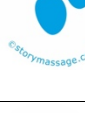





## A Sensory Walk

Written by Mary Atkinson for the Story Massage Programme

[www.storymassage.co.uk](http://www.storymassage.co.uk)

	When you go for a walk, what can you see?	
	Pretty patterns on the leaves of every tree,	Actual leaves or homemade ones
	Fluffy clouds in the sky above,	Cotton wool
	And rainbows in windows, made with love.	
	When you go for a walk, what can you hear?	
	The singsong of birds, both far and near.	Bird song on CD? Or whistle.
	Chatter of people, and a cheery hello.	
	The clatter of footsteps on the ground below.	Sound of shoes banging. Or spoon on a plastic bowl.
	Feel the gentle breeze and warmth of the sun.	Paper fan
	Smell the colourful flowers, one by one.	Actual flowers or homemade ones. Or aroma oil on tissue.
	Take time to find joy everywhere	
	In this sensory world that we all share.	