



Sensory Christmas Activities

Christmas is a sensory celebration.

Try out these sensory activities with your group, to experience what Christmas is like for children with a vision impairment. We've added a couple of options to enable you to keep your group safe.

What does Christmas taste like?

Hold a discussion about the tastes of Christmas and how it makes them feel, or hold a Christmas food tasting session; ask the children to bring in their favourite Christmas foods. E.g. Mince Pies, Christmas Pudding, Candy canes, chocolate, gingerbread men etc.

Challenge their senses even further, ask your group to do a taste test closing their eyes when tasting food. They could do this at home or during the tasting session.

What are the sounds of Christmas?

Make your own 'sounds of Christmas' recording or hold a quiz with sounds. You could include carollers, laughter, a cracker being pulled, presents being opened etc. Make your own sound effects game by challenging the group to create the sounds of their favourite Christmas song, poem or story. For example coconut shells for a donkey, bells for Santa etc.

Create an audio described performance, or an audio description of your Christmas play so that blind audience members would know what was happening on stage. You could create a recorded audio performance or a virtual audio performance for people to listen to at home.

What are Christmas smells?

Make Christmas 'scent bags' by putting the following things into food bags to smell. Pine Needles, Cloves, Ginger, Peppermint, Cinnamon etc. Make your room smell Christmassy by spraying a Christmas scented room spray.

Ask the children to think about how this time of year smells, what words can they come up with to describe the smells both inside and outside.

What does Christmas look like?

What are the colours of Christmas? Think about the lights, the weather, people's faces when they open presents.

Close your eyes and think about what Christmas looks like and how you would try to describe that to someone without sight.

What does Christmas feel like?

You could create Christmas themed 'feely bags' E.g. Christmas decorations, (baubles, tinsel, holly). Santa (Cotton wool, jingle bells, buttons, presents). Your group could create tactile cards using our Braille alphabet and card template in this pack.

Put a few small items into a stocking or non-see through bag, one for each young person and ask them to only touch the outside of the stocking. Can they guess what the items are using touch?

When you have completed your sensory activities, think of ways that your group could help make Christmas more accessible for a child with a vision impairment.

How you can help

Turn your Sensory Celebration into a seasonal fundraiser! Why not hold a Christmas Hat Day this December, pay £1 to wear your hat to school and hold a competition for the most sensory hat? It could be the brightest, most spiky, most silly or noisy hats! Using our hat template, your group can make and decorate their own hats. Download the templates and poster from our schools and youth fundraising page at www.guidedogs.org.uk/learning.

The money you raise will help us make sure children with a vision impairment like Nell are not left out of life.



Thank you
for supporting
Guide Dogs.

To bank any income you raise:

By phone - Credit or debit card? Call **0800 953 0113**.

By cheque - make payable to 'Guide Dogs'. Include your groups details on the back of the cheque so that we can send a thank you letter. Post to: The Guide Dogs for the Blind Association, Hillfields, Burghfield Common, Reading, RG7 3YG.

By Bank - you can take your cash or cheque to any branch and quote our Barclay's banking details: Sort code **20-65-82** Account **43870731**, remember to include your details.

Online - set up an online giving page justgiving.com/guidedogs.

Please use either the code 'GDAS' for donations, or if you are interested in our Puppy Graduation Scheme, please use the code 'PUPPYGRAD' when banking any money you have raised. If you are interested in Naming a Puppy please contact us. If you have already started your Name a Puppy fundraising, please refer to your Name a Puppy welcome letter for paying in details or contact us.

For more ideas about fundraising please contact us and we'll send you our Fundraising pack or register for fundraising at guidedogs.org.uk/learning.

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