

Friday 13th March 2026

Today, the Occupational Therapist delivered a hands-on training session focused on sensory and emotional regulation for the staff who support our young people.

As part of the workshop, we dedicated around 30 minutes to exploring, and getting messy with a range of sensory trays. This practical element gave staff the chance to experience the sensory input first-hand, helping to build confidence, deepen understanding, and highlight how each tray can be a powerful tool for regulation, engagement, and meaningful interaction.

Sensory trays explored included:

 **Storytime Texture Tray**

This can be used to bring stories and shared experiences to life through tactile exploration. Objects collected from an outing or meaningful activity can be added to the tray, allowing young people to revisit the experience, process it at their own pace, and enjoy the varied sensory input while building narrative and recall skills.

 **Slime Tray**

This tray offers rich proprioceptive and tactile opportunities. The stretchy, sticky qualities of slime provide pressure and resistance, making it ideal for developing body awareness. It also gently challenges tactile tolerance for individuals who may find certain textures difficult, supporting gradual desensitisation in a fun, low-pressure way. (You can also hide objects inside for the young person to excavate through)

 **Cornflakes Tray**

A wonderfully versatile tray that provides both tactile and auditory feedback. The crunching sound and crisp texture offer immediate sensory engagement, and as the cornflakes are squeezed or crumbled, the texture changes—encouraging exploration, playful interaction, and opportunities to regulate through repetitive sensory input.

 **Scented Coloured Rice Tray**

This tray combines gentle colour, soothing scent, and flowing texture to create a calming multi-sensory experience. The rice can be poured, sprinkled, sifted, or run through fingers, promoting relaxation and grounding. It's especially beneficial for supporting regulation through predictable, rhythmic tactile input.

The adult attendees also received practical handouts outlining the purpose and benefits of each type of sensory tray, as well as common challenges and tips for supporting young people who may find certain textures difficult.

It was a fantastic session filled with learning, laughter, and lots of sensory fun!

