

SEE



- Postcards
- Books & magazines
- Letters
- Pictures of places you like
- Photos of loved ones

HEAR



- USB filled with relaxing noises
- Your favourite CD
- Audio books
- Recording of a friends voice

SMELL



- Candles
- Favourite perfume
- Jar of spices
- Essential oils

TASTE



- Snacks
- Bottle of water
- Mints
- Tea bags
- Sour sweets
- Chocolate

TOUCH



- Massage oil
- Body lotion
- Clay
- Soft wooly socks
- Playdough
- Stress ball
- Rubber bands to snap

OTHER IDEAS

- List of phone numbers to ring
- Art or craft materials
- Notebook & pen
- Colouring book

- Hot water bottle
- Puzzle games
- Letters from loved ones