

# Listen and Feel Sessions



## What are Listen and Feel Sessions?

Listen and Feels sessions draws together touch and music to create a structured half hour of sensory communication between two people. Listen and Feel creates sensory alignment and helps people of any age who have sensory impairment, developmental delay, complex learning difficulties, tactile defensiveness, and limited or pre-verbal levels of communication.

## The Benefits

- Listen and Feel music is selected specifically to reflect the texture of each object so that the receiver experiences total sensory alignment.
- Listen and Feel can be used by anyone. You can also involve siblings, grandparents and other relatives so that you child develops a rapport with all those around them.
- Listen and Feel builds communication skills. By doing Listen and Feel regularly, you build up a sensory vocabulary which both you and your child can understand.
- Listen and Feel enables progress to be measured and recorded.
- Listen and Feel can be used in any setting – at home, in school, in hospital, in residential care or even outside.

There are lots of things at home you could use to make your own Listen and Feel Packs. Once you have your items and music keep repeating this for a few weeks so everyone can get used to all the items and the music. End with relaxation and some calming music – you could even use some massage whilst relaxing. Always try an object on yourself first so you know how it may feel and make sure that the objects are clean and appropriate to use on skin.