This one off workshop was developed as part of PEACE pathway
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PEACE
Pathway for Eating disorders and Autism
developed from Clinical Experience

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Workshop Materials

Worksheet: Sensory Passport

I can enhance my sensory wellbeing in relation to vision by:

I can enhance my sensory wellbeing in relation to hearing by:

I can enhance my sensory wellbeing in relation to smell by:

I can enhance my sensory wellbeing in relation to taste by:

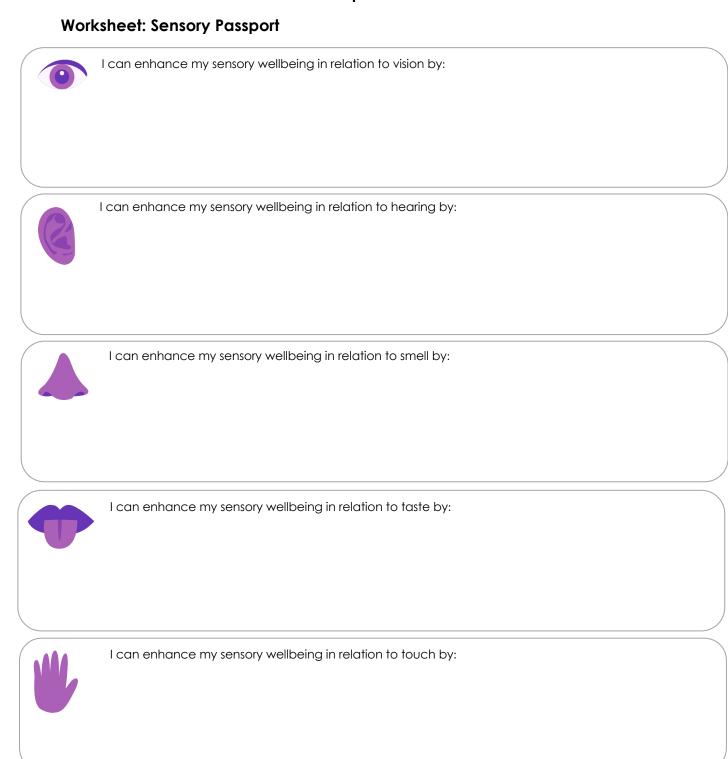I can enhance my sensory wellbeing in relation to touch by:

I can enhance my sensory wellbeing in relation to texture by: