

Monday RfA Zoom chat

This week during our Monday video call on zoom, we did a show and tell session we focused on sharing something that meant a lot to us and explained why it made us feel happy, we had lots of different things shown on the chat including happy books, drawings people have done, plants in the garden, Photographs of family members, pets and camera's. There were so many different things that each of us shared but it was really interesting listening to why they chose to share it with us all and why it made them feel happy.

I chose to show everyone my sensory corner I have made in my bedroom with bubble tube and fibre optic lights, I have lots of different light up stuff and three different sensory boxes with different things like ear defenders, fidget toys, sensory activities and mindfulness colouring books. In my sensory corner I also have my worry book which I have gone through many of these books and now have a big folder which is all my old worries I have written over last 5 years, it shows me how far I have come and what challenges I have faced. I have lots of different worksheets to help me reflect on a situation but to also help me find a way to move past it. I chose to share my sensory corner as it has a big impact on how I manage my emotions and helps me feel relaxed if I'm feeling like everything is getting too much.

It was nice to be able to share with the group stuff that helps me at home and was nice to listen to what helps them too.

Imran also wants me to say his name in this blog to help him feel special so due to the circumstances In lockdown I thought I would be nice and brighten his day up by saying he looks pretty cool with his new haircut 😊

