

Title of the activity : Dance with veils (aromatherapy technic)

For who : 3+ (especially for people with disabilities)

Duration : 20 min

Number of players : 1 and more

Place : inside

Characteristic :

- aromatherapy
- Snoezelen

Type of game : aromatherapy

Educational interest :

- senses
- relaxing
- positive attitude

Materials :

- veils, aroma oils, calm area, relaxing music

Goal : Development of senses and support positive attitude

Method :

1. Preparation materials and calm area. In our organization we use Snoezelen (multisensory room). Before it you can use coming activity of the topic. E. g. we have the topic – forest ; we're talking with participant about forest, their association for the forest, what kind thing they can find in the forest, what kind experience they have,...
2. We turn on the relaxing music. Participants lie on the floor or loungers, close the eyes and deep breathing. We like guide of the activity – can speak about forest...
3. We prepare veils – we put on veil one or two drops of aroma oil. For the activity is better when you use more kind of aroma oils (e. g. conifers, moss, flowers, ...). During the music or speech of forest we start with “dancing with veils”. You dance with veil very slowly and the movement from head to feet of person.
4. After activity you can continue in topic and senses activities.

Link or picture :

