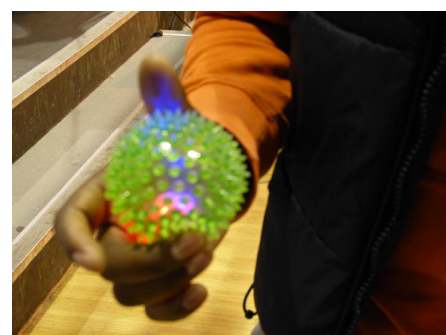



# World Mental Health Day Event

Wed 10th October 2012 at 53° Venue UCLan

## PLEASE DO TOUCH



The Sensory Store was composed of 108 different found and bought objects and materials, that were selected to those that were expected to excite or soothe the senses, with scope to expand this number. The objects consisted of various shapes, sizes, colours, textures, uses and sounds. It is thought that any person could find at least one object that they wanted to pick up and touch. It was our intention to use it as a testing resource.

|   |                                |
|---|--------------------------------|
| <b>SENSORY STORE</b>  |                                |
| <input type="checkbox"/> M  |                                |
| <input type="checkbox"/> F  |                                |
| <b>Observer</b>   |                                |
| How much interest was shown in the object?  |                                |
| <input type="checkbox"/> Not much interest  |                                |
| <input type="checkbox"/> A bit of interest  |                                |
| <input type="checkbox"/> A lot of interest  |                                |
| <b>Please choose an object from the shelf</b>   |                                |
| 1 Initially, what made you choose it?   |                                |
| 2 Which sense did you feel it most appealed to?                                       |                                |
| <input type="checkbox"/> Touch  | <input type="checkbox"/> Sight |
| <input type="checkbox"/> Smell  | <input type="checkbox"/> Sound |
| <input type="checkbox"/> Taste  |                                |
| 3 How did you interact with the object?   |                                |
| 4 What word(s) would you use to say how it made you feel?                             |                                |
|  |                                |

## SENSORY STORE

How did the interaction with the object make you feel?

- stress release • fruity • comfort • cool • soothing • curious • spiky • feel happy • she did not feel anything, but found object cute • mysterious • feels close to nature, want to explore • don't know • strange • happy, light-hearted, reminiscent of children's toys • intrigued • occupied, calmly focused • happy • giggle • completely opposite to expectations • surprised to feel it was soft • challenged expectations • enjoyed the movement • playful • engaged and interacted • like it • happy • nice, pleasurable to touch
- calm • comforting • reminiscent of the seaside • meditative • pulls me into the sensation • relaxing • reminds me of the beach • fun • surprised about how much you could squeeze it • intrigued • amused • relaxed • childlike • rhythmic • happy • surprised • comforted • curious • relaxed • satisfied that I could bend it without doing harm • calmer • distracted and stimulated • creepy •



The World Mental Health Day event is part of UCLan's annual Mental Health sponsored events.