

SENSES - ideas page

Help your teen get motivated, find focus, increase productivity, concentrate on their studies, settle anxiety, manage exam stress, control their emotions, relax and sleep well – all by tapping into their sensory experiences. [Click here to access the full article.](#)

Sight

Coloured notebooks

[A5 hardback notebook with multiple coloured covers](#) – great for work

[A5 hardback notebook in black with coloured page edges](#) – great for work and just a little quirky

[A5 hardback colourful notebook](#) – great value buy

[A5 lined notebooks in rainbow colours, set of eight](#) – share out among the family!

[Moleskin pocket notebook ruled](#) – carry it everywhere and it feels lovely and squidgy!

[Paperblanks](#) - love this brand, I have a small book that goes with me everywhere and lost count of the number of times I've gifted them to others.

[Softback lined notebooks with fun colourful covers](#)

Journals

[One line a day, five year journal](#) – great for noting down one positive thing every day and keeping a record of all those positive thoughts.

Other colourful stationery

[Rainbow square sticky notes](#)

[Erasable coloured pens](#)

Lights

[Ambient star light room projector in blue, green or red](#)

[Cork top fairy lights in different colours](#)

[Protected tea light holders](#)



Touch

[Cheeky Chimp 24-piece stress busting fidget kits](#)

[Sensory Fidget Stretchy String](#)

[Spiky, sensory finger acupressure monkey massage rings – bright colours and silent](#)

[Rainbow stress buster ball](#)

Crystals

[Chakra crystal set](#)

[Thumbstones in natural crystals](#)

[Palmstones in natural crystals](#)

Smell

[Aromatherapy diffuser with light](#)

[Tisserand aromatherapy oils - choose individual scents](#)

[Anjou essential oil starter kit – 12 fabulous oils for every occasion](#)

[Mystic Moments – 24 oil starter pack with wooden storage box](#)

[Wooden box to hold x12 aromatherapy oils](#)

[Tisserand rollerballs – apply to pulse points to encourage motivation, mindfulness, relaxation or sleep](#)

General

[Sense – the book that uses sensory science to make you happier](#)

