



1. Name of the product

Happy Senso - Mint-Fresh

2. Product code

24012481

3. Colour

See image



4. Description

Happy Senso is a gel with multi-sensory properties. The intensity can be varied by applying it in different ways. You can hear it, feel it, smell it and see it. It also has a cooling effect on the skin. A fantastic product for sensory stimulation. It is fun to use and creates eyes full of sparkle and enthusiasm and beautiful contact moments. The intensity can be varied in different ways. Happy Senso is of very high quality and has been dermatologically tested. Much appreciated by occupational therapists, physical therapists, remedial therapists and speech therapists. Also suitable for use in a group context. Create a focus moment with this. Each Happy Senso canister is 300 ml, with this capacity a hand can be filled about 100 times. The can has a shelf life of around 2.5 years. Happy Senso Neutral is odour-neutral after use. Happy Senso Mint Fresh has a mild mint scent after use, calming but stimulating. The set consists of 3 different bottles. Dimensions: 26.5 cm

5. Sensory stimulation

Feel, hear and touch

6. Technical Information

The options for using Happy Senso: Some people are very sensitive to stimuli and others are less sensitive to stimuli. Everyone reacts differently to an incentive ranging from very nice to not nice at all. Happy Senso offers a whole range of responses and it is often impossible to predict how a person will respond. Most people find it a very nice stimulus and they laugh, some say it tickles a bit, but other people experience the feeling of Happy Senso in the palm of their hand as a most intense experience and not a very nice stimulus. But even if an incentive might not be fun, it can be good to try. How can you get used to this? By feeling and experiencing it in a more accessible way for the first time. You have complete control over how you feel, the intensity and how you feel it (see for example the technical table and the mirror below). In this document we describe some techniques / options that you can use to apply Happy Senso. If you have any nice ideas, we would love to hear them so that other people can use them too!





General: first read the manual on the product. Always use the product with the white spray nozzle completely down (vertical) and press on the flat part of the nozzle so that the multi-sensory gel comes out of the product.

Exercises that can be done mainly individually:

Mirror (can also be done in a one-to-one setting) Hold the product to determine the correct position to spray the Happy Senso on the mirror.

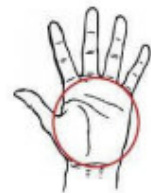
As you can see, the nozzle is emptying, placing the curved part of the nozzles against the mirror and pressing on the pressure surface of the canister. You will see that the gel on the mirror slowly goes down. Press the gel and feel what happens.



Feet (can be done in a one-to-one setting, also in a group) The first option is to spray the Happy Senso on the floor (on a flat surface) and to press the multi-sensory gel with the bare sole. Watch out for slippery floors! The second option is to apply some Happy Senso to the hand and to massage the feet with it.

Leg / arm (can be done in a one-to-one setting, also in a group) Spray the Happy Senso on the leg or on the arm. Start with the amount of a grape (or less), if more is desirable, it is always possible. The top of the arm feels less intense than the inside of the hand. So if the hand is too intense, this is a good option to get used to the feeling.

Handshake (can be done in a one-to-one institution, also in a group institution) It offers a very nice moment of mutual contact. It can be applied both one-to-one and in a group. Spray a scoop of Happy Senso in the middle of the palm of your hand the size of a grape. Then you shake hands with the other person. See the figure for the correct position in your hand.



Exercises that can be done mainly in a group

Table (group exercise / can also be done in a one-to-one setting) Spray the Happy Senso on the table in the desired amount and feel with your finger or your whole hand what happens when you press the gel. What do you hear? Can you make a drawing by using your fingers on the table in the gel? This is a perfect and easy technique to try Happy Senso for the first time. The person who is going to experience it has complete control over how much and when they feel it.

Circle (group exercise / can also be done in one on one) First sit together in a circle and give everyone a tap of Happy Senso in the right hand and ask them to distribute it carefully over the hand. The slower they do it, the more fun it gets later (optionally you can ask them to make a fist and keep their hands to their ears to hear the sound). They then shake hands with their neighbours so that they form a circle. One person starts the exercise by lightly pressing the hand of the left neighbour and passes the squeeze in the direction of the clock to his / her neighbour. Then they rub their hands until the hands are dry and then the exercise is over.

Walking (group exercise / can also be done in one on one) First, draw a line on the floor with the Happy Senso of approximately 2 meters. List everyone where the line starts. This exercise can be done barefoot (beware of smoothness This exercise can be done barefoot (watch out for slipperiness) or with socks on. By trying out both options, you experience the difference and what preferences you have. The first person goes step by step over the line with his feet. This can be more





of a challenge for one than for the other. If it is more difficult, someone can go for support. When

you're done, you can sit down (on the floor or on a chair) and rub your feet dry with your hands. You can also get a towel to take of the rest of the Happy Senso, but you don't need to rinse.

Crawling (group exercise / can also be done one-on-one) Draw a line on the floor with the Happy Senso of approximately 2 meters. List everyone where the line starts. The body position is on hands and knees. You walk across the line and cross with one hand over the other. You crawl along the line with your knees. When you're done, just rub your hands until they are dry again, or if you have a bit too much on your hands, you can wipe it off with a towel. You don't have to rinse.

Using Happy Senso during a training / workshop

Happy Senso can also be used for educational purposes, for example during training or workshops for professionals or parents. It is a very interesting tool to demonstrate in a simple and understandable way that each person responds differently to incentives. You notice what happens to yourself the moment you see it, hear it and feel it and you can immediately experience the reactions of everyone else when you look around. You will immediately notice the difference and you can talk about what you have noticed together. It will be a very interesting and refreshing conversation, also very useful to get attention during, for example, more theoretical parts.

7. Safety

Be careful with eye contact. If it has been in contact with the eye, rinse with water.

For more information, you can visit our website www.nenko.com

