



7 Senses Day

Bringing the common sense back to our communities

www.7senses.org.au

Organising a 7 Senses Day

1. Gather “Sense” Champions

The easiest way to organise a 7 Senses Day event is for 5-7 people to come together to host a community focused event, with each person adopting one of the senses to coordinate on the day.

For instance, one person might be passionate about how our sense of taste could be invigorated by our built environment and wish to champion the activities for this sense.

2. Select a site

Any space that could be improved with a 7 Senses Approach is a great space to use! In past years a variety of public and private spaces have been successfully transformed on our 7 Senses Day:

- Front green verge of residential homes
- Footpath outside a business premise
- Small residential streets allowing only limited traffic access
- Town squares and alley way
- Local parks and green spaces
- Business front yards and car parks

Successful sites create safe, engaging spaces for people of all ages and abilities to participate. Please see our [‘Safety and Permits’ sheet](#) for tips on how to temporarily close and barrier spaces and make them safe and people friendly.

2. Brainstorm activities

When you have a small collective of interested people and a site in mind, build a list of potential activities and interventions that would temporarily transform the space.

Activities should be suitable for all ages and all abilities, but more importantly, reflect your local community demographic. For example, in 2014, a 7 Senses Day was held in a park opposite a residential facility for vision impaired people. The temporarily interventions,

therefore, focused on engaging adults with vision impairment – activities around touch, scent and taste over visual and vestibular.

Please remember one of the goals for the 7 Senses is to be achievable – that means activities that could be wholly or in part adopted into the built environment and are inexpensive.

There are many examples of activity suggestions on our Facebook page, our Pinterest, and on our website. Many of these activities can be created from things existing in your household, or created from a quick inexpensive trip to a \$2 store.

Each year our 7 Senses Day participants create new and exciting activities, so please don't limit yourself to our suggestions!

4. Design a layout

One of the most effective ways to transform your site is to create 'hubs' or stations for each activity. If you use this approach, some senses work well in the same 'hub' such as Proprioception and Vestibular, or Smell and Taste.

When you have a draft layout mapped out, consider the resources you need to for each hub and whether you need to create safety barriers. Some suggestions for marking off an area include:

- Hay bales, which can be used for seating and then used in the garden afterwards
- String wrapped between two poles / trees and covered in sprigs of herbs
- Pot plants that add greenery
- Children's windmills or streamers to mark out paths

Below is the layout for the Alma Road event held in 2013 to show how the 'hubs' were held on both sides of the street and the senses were joined to make 4 distinct 'hubs' of activity – Vestibular and Proprioception; Smell and Taste; Sight and Touch; and Sound.

5. Select a time and announce your event

Select a suitable time for your event and be sure to send invites to neighbours and local community businesses. Our website has posters and mailbox invites that can be easily updated with your event details.

Please let us know details about your event as we would love to alert local media to your event to bring our 7 Senses Day to the attention of the broader community.

6. Set up on the day

Depending on the type of activities, please allow as long as an hour to set out your hubs and transform your space.

Our website has a range of signs you can use on the day to mark the hubs as well as information sheets on each of the senses and fun facts on the senses.

7. Documenting your successful day

We would love to hear how your day went! Post to our Facebook on the day or send through any photos you took from your day.

Please request permission from parents before photographing children, and advise parents that photos will be used on the 7 Senses website.

We would also love to hear your feedback on which of the hubs worked well. Did the community respond well? Do you have ideas for transforming the space more permanently?

The 7 Senses aims to permanently transform spaces with a 7 Senses Approach. Your 7 Senses Day ideas are important building blocks to promoting the need for a permanent change!

Alma Road Layout 2013

