



Information and technique options for Happy Senso:

Some people are very sensitive for incentives, and other people are less sensitive for incentives. Everyone reacts differently to an incentive varying from very nice to not nice at all. Happy Senso provides a whole range of reactions and it is often impossible to predict how a person reacts to it. Most people find it a very nice incentive and they laugh, some say it tickles a bit, for other people is experiencing the feeling of happy Senso in the palm of their hand a most intense experience and not a very nice stimulus. But even if a stimulus may not be nice, it can be good for you. How can you get used to this? By feeling and experiencing it the first time in a more accessible way. You have full control in how you feel, the intensity and where you feel it (see for example the technique table and mirror below).

In this document we describe some techniques/options that you can use to apply Happy Senso. Do you have any nice ideas, we'd love to hear about them so that other people can use them too !

Before use:

General: First read the manual on the can. Always use the can with the white spray head fully facing downwards (vertical) and push the flat part of the nozzle so that the multisensory gel will come out of the can.

Shake the can: always shake the can well before use. This could also be an option for an exercise.

Warming up the hands: this is an option and can be used with all possible kind of exercises with the hand. If it is possible to get the hands rubbed together then this can be a nice preparation exercise. The warmer the hand the more intense someone feels and hears the multisensory gel.

Reward: besides all varieties in exercise options, Happy Senso can also be used as an reward tool.



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(mostly) individual exercises :

Table (also interesting in a group setting)

This is a very nice accessible technique to start with for the first time when there are questions about whether someone might find the experience too intense or too powerful. Spray the Happy Senso on to the table in the amount desired by you and feel with your finger or your whole hand what happens when you touch and press the gel. A very minimal amount that you hardly see can be a great way to start. The person who is going to experience it has full control over how much and when they will experience it themselves and can build it by themselves. There are also many situations in which this technique works very pleasantly and conveniently.

Hands

Many different exercises are possible with the hands, which often also run together more or less at the same time. The basic trick to get the most effect and pleasure out of it is to use Happy Senso as calmly as possible by moving the hands as slowly as possible. Below are hand movements in order of intensity:

- Keeping Happy Senso on 1 hand and doing nothing further with it is mainly something to see, otherwise nothing happens. It mainly has a cooling effect, very low intensity.
- Then keeping 2 hands easily together has the effect that you will start to hear and feel the Happy Senso effect.
- Slowly rubbing the hands together makes the intensity and effect increase.
- Making a fist out of 1 hand(or 2 of course) gives more sound and stimuli. This is further reinforced by squeezing it.
- What could be an extra option is to hold the hand like a fist next to the ears and listen. Doing this together/ with each other's ears is another great option.

Vertical mirror

Hold the can to determine the correct position to spray the Happy Senso on the mirror. As you can see the nozzle is sloping, the angled portion of the spray heads against the mirror and press the pressure surface of the can. You will see the gel on the mirror slowly going down. Press into the gel and feel what happens.



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Feet (also interesting in a group setting)

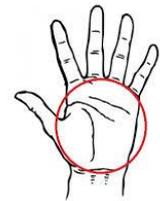
The first option is to spray the Happy Senso on the ground (on an even surface) and press the bare sole on to the multisensory gel. Beware of slippery floor. The second option is to apply some Happy Senso on the hand and massage the feet with it.

Leg / arm

Spray the Happy Senso on the leg or arm. Start with the amount of a grape (or less), whenever more is desirable, that is always possible. The upside of the arm feels less intense than the inside of the hand. So if the hand is too intense to start with this a good option to get used to the feeling to be able to switch on to new options. It is also beautiful as just an experience, because you can massage somebody with it.

The Happy Handshake (can also be very nice to do with 3 people or as a small group.)

It provides a very nice moment of mutually contact. It can be applied both one on one or in a group. Spray a scoop Happy Senso in the middle of the palm of your hand the size of a grape. Then give the other person your hand. See the picture for the right position in the hand. This exercise is extremely popular because of the mutual contact. At the same time this way of use can be experience as very intense, so one to never just start with someone new as a first exercise.



(mostly) group exercises:

The Circle of contact (can also be done in a one on one setting)

First sit in a circle together and give everyone a tap of Happy Senso in the right hand and ask to them to gently divide this over the hand. The slower they do it, the more fun it will produce later (optional you can ask them to make a fist of their hands and hold them by their ears to hear the sound as well). Then they give their neighbors a hand so that they form a circle together with each other. One person starts the exercise by lightly squeezing the hand of the left neighbor and passes on the squeeze in the direction of the clock to his / her neighbor. Afterwards they rub their hands until the hands are dry and then the exercise is finished.



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Walking (can also be done individual)

First draw a line on the floor with the Happy Senso of about 2 meters. Put everyone in a row where the line starts. This exercise can be done on bare feet (beware of slipperiness) or with socks on. By trying out both options, you will experience the difference and what preferences you may have. The first person steps over the line step by step with his feet. This can be more of a challenge for one than for the other. If it is more difficult, someone can walk along 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 take a towel and remove the excess Happy Senso, you do not need to rinse off)

Crawling (can also be done in a one on one setting)

Draw a line on the floor with the Happy Senso of about 2 meters. Put everyone in a row where the line starts. The body position is on hands and knees. You walk over the line crawling with one hand over the other. With your knees you crawl along the line. When you're done, just rub your hands until they are dry again, or if you have a bit much on your hands, you can rub it off with a towel. You do not need to rinse with water.

Using Happy Senso during a training/workshop

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



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