



Sensory Shores

Parent Handbook

Twinbeach Sanctuary

www.twinbeachsanctuary.com



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A Welcome From the Twin Beach Sanctuary Team

Dear Families,

Thank you for choosing to share your family's precious time with us.

Sensory Shores was created with one intention — to offer parents and young children a space to slow down, reconnect, and discover the world *together*. In a time when most early learning happens indoors and on screens, we believe that one of the greatest gifts we can offer our little ones is the freedom to touch, climb, splash, plant, listen, and explore — guided not by worksheets, but by curiosity.

This programme was lovingly developed by our Education Program Coordinator, Hannah, inspired by her journey raising her son, Kaleo, who has ADHD and is on the autism spectrum. After being turned away from multiple preschools, they found refuge here — and in this island's embrace, Kaleo blossomed. His transformation became our inspiration and the heart behind Sensory Shores.

This Parent Handbook is here to help you prepare for your Sensory Shores experience — what to expect, what to bring, and how we support you throughout the journey. While this programme is designed for all preschool-aged children, we welcome siblings of all ages, and parents are encouraged to participate alongside their little ones. Every activity is optional, and flexibility is at the heart of everything we do.

As we grow, we are also developing additional programmes — including one tailored for neurodivergent learners, in collaboration with child development specialists. If this resonates with you, we'd love to hear from you. Your feedback and lived experiences guide our evolution.

For now, we simply invite you to breathe in the sea air, feel the sand beneath your feet, and rediscover the wonder of seeing the world through your child's eyes.

Welcome to Sensory Shores.

We're honoured to walk this journey with you.

With gratitude,

Twinbeach Sanctuary



ABOUT TWINBEACH SANCTUARY

Nestled on 40 acres of tropical paradise on Pulau Sibu, Twinbeach Sanctuary is a place to reconnect, explore, and make memories. Families stay in charming beachfront chalets, where you can watch the sun rise over Sunrise Beach and, later, stroll to Sunset Beach on the pier jetty to see the sky light up with color. The island is your playground — shaded trails, open spaces, and wildlife encounters make every step an adventure.

Learn about mangroves, coral reefs, turtles, and dugongs while supporting conservation and the local community. Whether wandering the trails, splashing in the water, or simply relaxing on your private beach, Twin Beach Sanctuary invites families to slow down, connect, and discover the magic of the island together.



Why Nature Matters

What the science says

Child development experts across the world agree on one thing — nature is one of the most powerful teachers. Research from institutions like the American Academy of Pediatrics, Harvard School of Public Health, and University of Illinois has consistently shown that regular exposure to natural environments improves children's physical, emotional, and cognitive development in ways indoor settings simply cannot.

Boosts Learning & Attention

Children who spend time outdoors show better focus, problem-solving skills, and memory recall. A large study in *Frontiers in Psychology* found that outdoor learning environments improve academic readiness and support longer attention spans.

Builds Confidence & Independence

Unlike structured indoor play, nature offers open-ended exploration, where children make decisions, assess risks, and build resilience — key foundations for confidence.



Strengthens Immunity & Physical Health

Outdoor play promotes motor skills, balance, and cardiovascular health — and exposure to natural microbes helps strengthen the immune system.

Supports Emotional Regulation

Natural sounds like waves, wind, and birdsong activate the body's calming response, helping children feel grounded and safe.

Nature Helps All Children — Especially Those Who Need It Most

Studies show that time in nature reduces anxiety, impulsivity, and hyperactivity in children with ADHD, and outdoor sensory experiences can help autistic children regulate and engage more comfortably.



TWINBEACH
SANCTUARY

Sensory Shores

OPEN FOR REGISTRATION

START FROM FEBRUARY 2026



**JOIN US
50% OFF**

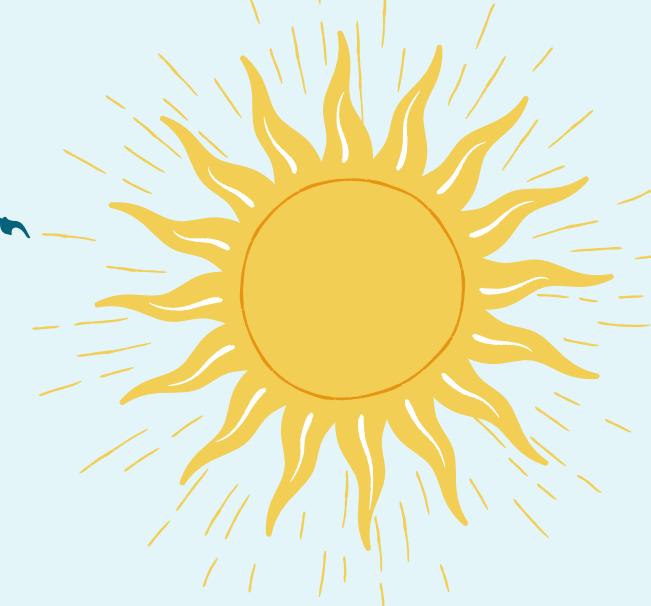
*For the first 20 registrants

Sensory Shores is our 3-day, 2-night program for preschoolers, held at Twinbeach Sanctuary. Carefully crafted to meet each child where they are developmentally, it offers age-appropriate opportunities for growth, discovery, and connection, guiding little ones to explore, learn, and thrive in ways that feel engaging and meaningful.

Together, families create unique outdoor memories — experiences they wouldn't have anywhere else — while children develop confidence, curiosity, and foundational skills in problem-solving, collaboration, and environmental awareness. Sensory Shores nurtures children's natural sense of wonder and helps them build their first meaningful connections with the natural world in a safe, supportive setting.

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Sensory Shores ACTIVITIES

at Twinbeach Sanctuary



CREATIVE EXPRESSION & ART PLAY

1



ICE CUBE PAINTING

A playful twist on painting! Watercolour ice cubes are frozen into blocks of colour, and as they melt across paper & fabric, they create beautiful swirls and patterns. It's cool to the touch, calming, and wonderfully messy — a simple way for little ones to explore colour and sensation at the same time.

2



OUTDOOR CHALKBOARDS

Our giant chalkboards are set outside — ready for drawing under coconut trees or beside the beach. Chalk spaces become hubs of imagination where kids can express ideas visually or simply enjoy the sensation of drawing big!

3



ISLAND LEGACY HANDPRINT MURAL

Families are invited to leave their mark — literally! Each family adds painted handprints to a big shared canvas. For those who prefer not to touch paint directly, brushes & sponges are available. A beautiful keepsake of your time on the island.

4



COCONUT PAINTING

Each family is welcomed with a fresh coconut to drink — island style. Once the coconuts are empty, children (and parents!) are invited to paint their coconuts using bright colours, brushes, and sponges. A shared memory and your child's very first island creation.

WATER & SENSORY PLAY

1

BUBBLES GALORE

Our bubble station is a favourite! Chase them, pop them, blow them — or simply watch them float away. Bubble play is great for movement, hand-eye coordination, and social play. Whether they're chasing bubbles across the grass or watching them shimmer in the sun, it's pure joy in motion.

2

SAND TRAY DISCOVERY

Not every child loves the feeling of sand right away — and that's okay. Sand trays allow little ones to explore new textures in a calm and controlled way. Sand play is calming, a way to explore and express thoughts and feelings, and great for sparking children's imaginations!

3

WATER SENSORY TABLE

A hands-on water station filled with scoops, cups, & floating toys. Children build coordination and problem-solving skills by pouring, splashing, & transferring water. On the grassy area in front of the sea, children are close enough to feel connected to the beach without overwhelm.

4

OCEAN SENSORY BIN

A mini beach in a box! Filled with sand, shells, pebbles, and toy sea creatures, this bin turns playtime into a little ocean adventure. Children learn about marine life while exploring textures — sparking imagination and building curiosity & confidence before exploring the shoreline.



NATURE & GARDEN THERAPY

1

MONTESSORI NATURE TRAYS

Children receive their own trays to fill & arrange with collected natural treasures. This simple activity builds creativity, observation skills & early science thinking as they compare shapes, colours, & textures up close. The tray also becomes a little collection of memories from their stay.

2

GARDENING & COMPOSTING

Children get to dig, plant, water, and care for real island plants! Whether it's scooping soil, sprinkling seeds or painting a rock, families contribute to our island's growing communal garden. They also learn to compost food scraps into healthy soil, making the experience both hands-on and eco-friendly.

3

NATURE SORTING

Sorting is a natural way children learn how to observe, compare, and make sense of the world around them. With baskets & mats laid out, children group "land treasures" and "beach treasures" by type, colour, shape, size, texture. It's hands-on early math and science as play!

4

ANIMALS

At Twinbeach Sanctuary, children are surrounded by animals big and small – from gentle cows and playful lambs to curious wild boars, birds, cats, and more. Rather than just seeing animals from afar, they get to observe their natural behaviours up close, listen to their sounds, and notice how each creature fits into the ecosystem.



EXPLORATION & ISLAND DISCOVERY

1

NATURE WALK

A shaded trail through palms & forest, with the sea glimmering beside you. Children may spot grazing cows, hear birds overhead, and relax to the sound of waves. The path ends at a friendly kampung (village), where they can observe daily life — and even pick a drink or snack from the little shop.

2

BEACH CLEAN-UPS

Join us in the mornings for a fun beach clean-up where you and your child learn how to protect the ocean. Together, we sort what's rubbish and what can be recycled — and every little helper earns an "Island Guardian" badge for keeping our shores clean!

3

OUTDOOR SCAVENGER HUNT

Whether it's a 5 Senses Hunt ("I can see... hear... touch... smell...") or a Texture Quest to find something rough or smooth, each challenge sparks curiosity, movement & sensory play as little ones explore the island in exciting new ways — with fun prizes waiting at the end!

4

EVENING WALK & STARGAZING

As the sun sets, children grab their torches and wander hand-in-hand near their chalets, spotting crabs, listening to nighttime sounds, and experiencing nature in a whole new light. Then we turn off our lights and look up — with no city lights, the sky fills with countless sparkling stars.



MOVEMENT & ADVENTURE PLAY

1

NATURE OBSTACLE COURSE

Built from real island materials – tree stumps to hop across, logs to balance on – our nature obstacle course helps little ones build strength, coordination, & confidence at their own pace. It ends with a burst of colour as everyone gathers under a giant rainbow parachute!

2

CLEAR KAYAKING

Glide across crystal-clear waters in our transparent kayaks – guided by our team, little ones can safely peek through the bottom and spot fish, corals, and seashells without even getting wet! Families go at their own pace – a safe and magical way to explore the sea.

3

ARCHERY

Try your aim at our beachfront archery range! Children and parents can take turns learning basic archery skills in a safe, supervised environment, building focus, coordination, and confidence – all with the sea as a stunning backdrop.

4

INFLATABLE WATER PLAYGROUND

Make a splash at our inflatable water playground! Zoom down the slide, bounce on the trampoline, or gather at the floating table for a snack while bobbing on the water. Perfect for little adventurers and parents to play, laugh, and create unforgettable island memories together.



RHYTHM & REFLECTION

1

MUSIC CIRCLE

At our Circle gathering spot, little ones can explore rhythm and sound using local Malay instruments. Children experiment with music, move to the beat, and make joyful sounds together. It's a playful way to discover rhythm, coordination, and the magic of making music as a family.

2

STORYTELLING BY THE SEA

There's something magical about listening to a story with the sound of waves in the background. Led by our educators, storytelling sessions take place right by the ocean, where children gather under the shade to enjoy picture books about nature, animals, and the environment.

3

SUNRISE & SUNSET

Start your day with the sunrise right in front of your chalet – a peaceful moment for a walk or warm drink as the island wakes. In the evening, head to Sunset Beach by the jetty, where the sky glows in shades of orange and purple – the perfect spot to unwind and capture the day's last golden light.

4

FREE & EASY FAMILY TIME

At Twinbeach Sanctuary, we know some of the best memories happen when you can slow down and explore at your own pace. Relax, play, wander, or simply watch the waves together. This is your chance to connect and make memories – letting curiosity and nature lead the way.





SENSORY SHORES

3 days, 2 nights programme



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ITINERARY
GUIDE



Day 1

Arrival & Check-in

9.00 – 10.00 AM

*Boat ride from Tanjung Leman →
Twinbeach Sanctuary
Registration & Welcome*

10.00 – 11.00 AM

*Welcome Coconuts & Coconut Painting
Enjoy a fresh coconut drink then paint your
coconut (all materials provided)*

11.00 – 12.00 PM

*Bubble Fun & Chalk Play
Giant bubbles on the grass alongside giant
chalkboards
Ice-breaker time for kids & parents*

12.00 – 1.00 PM

*Lunch Time
Family-style meal in the
dining area*

11.00 – 4.00 PM

Free & Easy Family Time



Introduction to the Ocean

4.00 – 6.00 PM

Children learn about the beach through storytelling, water play in the “Sand-Free Zone” (ocean sensory bins, sand trays & water tables), and gradual guidance.

6.00 – 7.00 PM

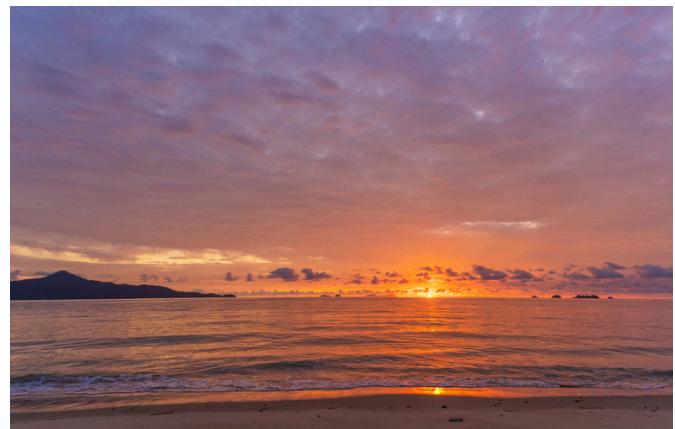
Shower & Sunset Photos

Families get ready for dinner, with optional sunset viewing on other beach side

7.00 – 8.00 PM

Dinner Time

Relax & enjoy your meal together. Rest well!





Day 2

7.00 – 8.00 AM

Rise & Shine + Breakfast

A gentle start to the morning before activities

8.00AM - 11.30AM *Rotating Activities (2.5 hrs)*

Nature Obstacle Course

Gardening & Composting

Music Circle with local Malay instruments

12.00 – 1.00 PM

Lunch Time

1.00 – 3.00 PM

Free & Easy Family Time

Relax, nap, or explore the kampung

Optional scavenger hunt (with prizes)

3.00 – 4.30 PM

Clear Kayaking

Rotating families use transparent kayaks with guidance and support to see the ocean below



Flexibility: Your Child, Your Pace

Alternative Activities Offered

Nature basket sorting

Ice-cube painting

Archery (for older children & adults)

6.00 – 7.00 PM

Shower & Sunset Photos

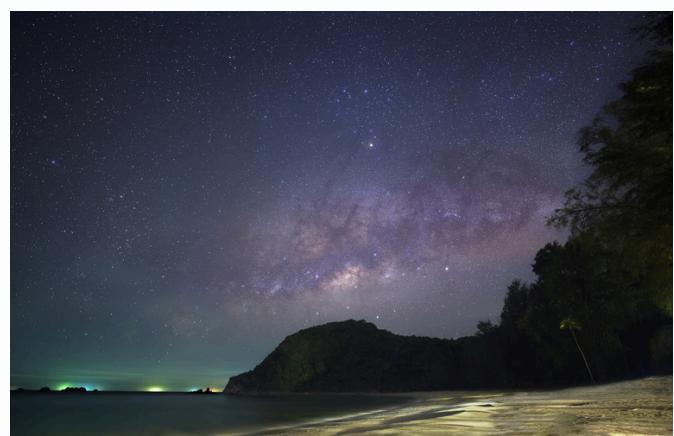
7.00 – 8.00 PM

Dinner Time

8.00 PM Onwards

Night Walk & Stargazing

Group torchlight exploration with stargazing





Day 3

Check-Out

7.00 – 9.00 AM

Breakfast & Check-out Prep

9.00 – 10.00 AM

Legacy Handprint Mural

Families leave their mark on the island with handprints. This becomes a group artwork representing their time at Twin Beach Sanctuary.



Farewell & Until We Meet Again

10.00 – 10.30 AM

Closing Circle

Families gather one last time in the Circle

Share reflections & special moments

1.00 AM

Boat Departure to Tanjung Leman



Before Your Island Adventure...

Destination	Twinbeach Sanctuary, Pulau Sibu
Travel Dates	Feb 27, 2026 to Mar 1, 2026



Things To Plan	Activities to Expect	Essentials to Bring	Items to Pack
<ul style="list-style-type: none"><input type="checkbox"/> Show your child photos/videos of Twin Beach Sanctuary & Sensory Shores (build excitement!)<input type="checkbox"/> Set a travel budget (include snacks & souvenirs)<input type="checkbox"/> Arrange transport to Tanjung Leman Jetty<input type="checkbox"/> Prepare travel documents (Passport / MyKid / MyKad)<input type="checkbox"/> Check visa requirements if travelling internationally<input type="checkbox"/> Inform us of any medical, dietary, or sensory needs	<ul style="list-style-type: none"><input type="checkbox"/> Creative & Sensory Art<input type="checkbox"/> Nature Walks & Outdoor Learning<input type="checkbox"/> Water & Sand Play<input type="checkbox"/> Motor & Sensory Exploration<input type="checkbox"/> Beach Adventures & Kayaking<input type="checkbox"/> Eco & Community Projects	<ul style="list-style-type: none"><input type="checkbox"/> Passports / ID<input type="checkbox"/> Travel insurance (optional but recommended)<input type="checkbox"/> Cash (small notes for jetty parking, snacks, tips)<input type="checkbox"/> Emergency contacts / medical info<input type="checkbox"/> Any communication aids, visuals, or comfort tools your child uses	<ul style="list-style-type: none"><input type="checkbox"/> Lightweight, quick-dry clothes<input type="checkbox"/> Swimsuits<input type="checkbox"/> Sun hats<input type="checkbox"/> Sandals or water shoes<input type="checkbox"/> Light jackets<input type="checkbox"/> Pyjamas<input type="checkbox"/> Toiletries<input type="checkbox"/> Reef-safe sunscreen & mosquito repellent<input type="checkbox"/> Wet wipes & tissues<input type="checkbox"/> Medication<input type="checkbox"/> Optional: Reusable water bottle, waterproof bag, favourite bedtime toy

After Your Island Adventure...

After your Sensory Shores experience, return to this page to reflect on your journey and celebrate how far you've come.

What Next?



Your Island Bucket List – Twin Beach Sanctuary Edition

Next time, we want to...

- Sleep under the stars
- Plant a tree
- Kayak with clear waters beneath us
- Build the ultimate sandcastle
- Make a new animal or human friend

(Add your own!)



Reflection

Prompts -

Our favourite memory was...
Our child discovered or loved...
Eco-habits we want to continue...
A moment that made us smile...
Something new we learned or tried...
A brave or proud moment for our child...
What we want to do next time...
Our next family goal...
One thing we'll bring home into our daily life...



COMING SOON: INCLUSIVE SENSORY SHORES

At Twinbeach Sanctuary, we are excited to announce that we are developing a **neurodivergent/sensory-friendly Sensory Shores** program — an inclusive outdoor education experience that honours diverse ways of thinking, playing, and discovering. This program is designed for children with **autism, ADHD, and sensory needs**, providing a safe, supportive environment where every child can thrive in nature.

Children will have the opportunity to explore, learn, and play in ways that are engaging, meaningful, and tailored to their unique needs.

Activities will:

- Respect individual sensory and communication needs
- Encourage social interaction and collaboration
- Promote emotional regulation and confidence
- Connect children with nature, eco-projects, and playful learning

Aligned with the theme of Malaysia's ASEAN Chairmanship 2025 "**Inclusivity and Sustainability**"



our program reflects the vision of shared progress, ensuring no child is left behind. By fostering inclusive experiences in nature and promoting environmental stewardship, Sensory Shores embodies this commitment to a future that is both equitable and sustainable.

Challenging Stigma Through Eco-Leadership

We hope our program will define perceptions of neurodivergent children. By engaging in meaningful, nature-based activities, children are showcased as leaders in eco-sustainability and community legacy, shifting the narrative from "dependence" to "contribution." This approach integrates eco-values with autism inclusion, empowering children to be seen as capable contributors who can give back to their environment and community.



PARTNER WITH US

We are seeking partnerships with specialists and organisations to help integrate evidence-based early intervention methods, therapeutic insights, and specialist guidance into our programs. Together, we aim to create enriching experiences that support neurodivergent children's sensory, social, emotional, and cognitive development.



Early Intervention in Nature

Children develop important skills through nature-based, hands-on experiences:

- **Socialization:** Small-group activities, partner games, and collaborative eco-projects encourage teamwork, communication, and turn-taking.
- **Self-Care:** Practical tasks like watering plants or participating in snack routines build independence and everyday life skills.
- **Play and Exploration:** Sensory-rich experiences such as sand and water play, tide pool discovery, and creative nature arts stimulate curiosity, fine motor skills, and imagination.
- **Learning Readiness:** Structured yet playful activities help children practise attention, sequencing, problem-solving, and adaptive skills — preparing them for formal learning while enjoying the outdoors.

Research shows that outdoor, nature-based activities offer unique benefits for neurodivergent children, including improved attention and focus, enhanced sensory regulation, boosted emotional wellbeing, and support for social, cognitive, and communication skills, alongside physical activity. Parents and caregivers also benefit from guidance and resources, enabling them to extend learning strategies, regulation techniques, and communication support beyond the island.

By collaborating with specialists, Twin Beach Sanctuary aims to create a safe, empowering, and enriching environment where neurodivergent children can explore, learn, and thrive — connecting deeply with nature while building essential skills for life

Get Involved

We would love to hear from you! If you are a specialist or organisation interested in partnering with us, please get in touch to explore how we can work together to create inclusive, nature-based learning experiences for neurodivergent children. Your expertise can help shape programs that make a lasting difference, and we welcome the opportunity to collaborate.



WHY WE DO IT

We believe nature is a healer.

For autistic and neurodivergent children, the island offers what traditional environments often cannot — **space to regulate, freedom to explore, and safety to be fully themselves.**

Our journey began with Hannah, our Education Program Coordinator. As a single mother, she faced the heartbreak of her son Kaleo — who is on the autism spectrum — being **rejected from multiple preschools.**

She often felt isolated and unseen, navigating a world that did not make space for her child.

But everything changed when she brought Kaleo to the island. Here, **he wasn't corrected — he was accepted. He wasn't managed — he was understood.** Instead of being seen as a challenge, he was welcomed as part of nature's rhythm. With the sun on his skin, sand beneath his feet, and endless space to roam, **Kaleo flourished.**

That transformation became our purpose.

Sensory Shores was born from the desire to **offer that same sense of belonging, joy, and relief to other families** who may have felt excluded, misunderstood, or simply tired of trying to fit into systems that don't fit their children.

But we don't stop at inclusion — we **strive for empowerment.** We are here to **challenge stigma** by showing the world that neurodivergent children are **not defined by their differences** — they are defined by their contributions. Through eco-projects and sustainability initiatives, children take on roles as **guardians of nature, problem-solvers, and leaders in environmental care.**

At Twin Beach Sanctuary, we aim to shift the narrative:

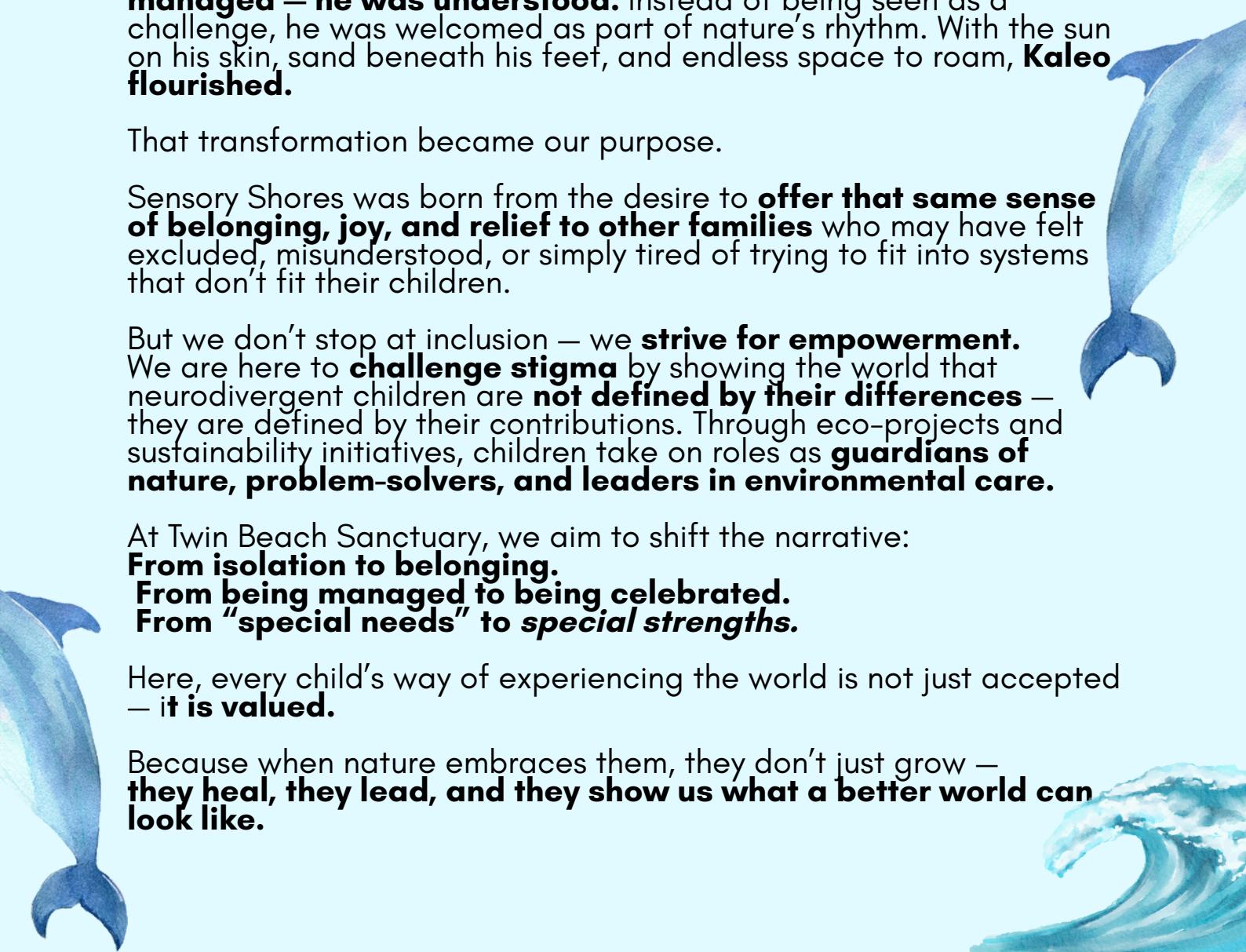
From isolation to belonging.

From being managed to being celebrated.

From "special needs" to special strengths.

Here, every child's way of experiencing the world is not just accepted — **it is valued.**

Because when nature embraces them, they don't just grow — **they heal, they lead, and they show us what a better world can look like.**



Why Nature Matters

ADHD

1. Improved Attention and Focus

Studies show that exposure to green spaces can reduce symptoms of inattentiveness in children with ADHD. Natural environments provide “soft fascination” (gentle, non-demanding stimuli like leaves moving, birds singing), which allows the brain to rest and restore attention. Furthermore, novel and engaging outdoor environments can sustain interest longer than indoor activities. During a research study with Faber Taylor & Kuo (2009), Children with ADHD performed better on concentration tasks after outdoor play in green settings compared to indoor or urban environments. Children are more likely to participate in learning or therapeutic activities in a playful, natural setting.

2. Reduced Hyperactivity and Impulsivity

Physical activity in natural settings encourages movement while providing opportunities for self-regulation. Outdoor play allows for unstructured, creative movement which helps children channel excess energy in positive ways. In addition, natural surroundings can decrease overstimulation compared to indoor or noisy urban environments, reducing impulsive behaviors.



3. Stress Reduction and Emotional Regulation

Nature exposure lowers cortisol levels, reducing stress and anxiety in children with ADHD. Calming green spaces and sensory-rich outdoor environments help children regulate emotions more effectively. Activities like gardening, water play, or quiet walks provide a soothing sensory experience.

4. Enhanced Executive Function

Time in nature improves working memory, planning, and problem-solving skills. Outdoor tasks like obstacle courses, scavenger hunts, or planting require organization and sequencing, boosting executive function in a fun way.

5. Sensory Regulation

Children with ADHD often experience sensory processing challenges (over- or under-sensitivity). Nature provides gradual, multi-sensory stimulation—sounds of birds, textures of leaves or sand, gentle breezes—that is easier to process than artificial indoor stimuli. This helps children build sensory tolerance while reducing feelings of overwhelm.

6. Social Benefits

Group outdoor activities promote cooperative play, turn-taking, and communication skills. Natural settings often reduce competitive pressure and provide more opportunities for collaboration than structured indoor environments.

Why Nature Matters



AUTISM (ASD)

1. Supports Sensory Regulation

Many children with autism have sensory processing differences (over- or under-sensitive). Nature provides gradual, multi-sensory input—sounds of birds, rustling leaves, running water—that is less overwhelming than indoor or urban environments. Therefore, outdoor play allows children to engage with sensory stimuli at their own pace, promoting self-regulation and comfort.



4. Promotes Physical Health

Motor skill delays are common in autistic children, but nature encourages whole-body movement in motivating ways. Running on sand, climbing rocks, or balancing on logs improves coordination, strength, and spatial awareness—often more effectively than indoor therapy exercises. Regular outdoor activity has also been linked to better mood regulation, increased focus, and improved sleep in autistic children (Kern et al., 2017).

5. Boosts Emotional Wellbeing

Nature is scientifically recognised as a natural regulator for children with ASD. Sensory input in natural settings—soft wind, flowing water, birdsong—is often calming rather than overwhelming. Research shows that time in green or blue spaces lowers cortisol levels (stress hormone), helping reduce meltdowns, irritability, and anxiety.

6. Encourages Curiosity and Learning

Many autistic children learn best through self-directed exploration and sensory engagement. Nature offers endless opportunities for inquiry-based learning—collecting shells, watching insects, sorting leaves—tapping into special interests often seen in autism. This type of play-based discovery strengthens problem-solving skills while nurturing intrinsic motivation.

7. Builds Meaningful Family Experiences

Nature provides a setting where expectations loosen and joy becomes the focus. Research shows that shared outdoor experiences enhance parent-child bonding while reducing parental stress. Parents often report seeing new sides of their child in nature—calmer, more communicative, more connected.

