



## Lesson Eleven

### Cross-Curricular Activities and Resources:

- 1. Science: Sensory Scavenger Hunt-** Set up a “5 Senses Observation Lab” around the classroom or outdoors. Provide safe materials for students to observe, smell, touch, and listen to. Have students record their findings in a sensory journal, describing each object using precise, descriptive words. Then, discuss how our bodies collect information from the world and how our senses can help us feel calm and aware.
- 2. Social Studies: Community Senses Map-** As a class, co-create a “Community Senses Map.” Ask students to think about a place in their community (school, library, park) and describe what they see, hear, smell, touch, or taste there. Add their ideas to a large map. Talk about how different people may notice different things in the same place and how being present helps us learn about others’ experiences.
- 3. Language Arts: Sensory Snapshot Writing-** Guide students in a brief sensory writing exercise called “Snapshot of Now.” Ask them to pause and quietly notice what they hear, see, and feel. Then, have them write (or draw and dictate) 3–5 sentences that describe their present moment using vivid sensory details. Offer sentence starters like: “Right now, I hear...” or “I feel the chair under me and...” This builds narrative skills and emotional awareness.
- 4. Music: Listening Layers-** Play a short piece of instrumental or nature-based music. Ask students to listen quietly and raise a finger each time they hear a new instrument, rhythm, or sound. Then, discuss how being present helped them hear more layers. Invite them to make their own layered sound using classroom objects (e.g., tapping, clapping, humming) and notice how it feels to be “tuned in.”
- 5. Art: Texture Collage of Emotions-** Provide materials with various textures (fabric scraps, foil, paper, etc.). Ask students to create a small collage titled “What Calm Feels Like.” As they choose materials, prompt them to think: Is this soft like calm? Or bumpy like frustration? Students can share their creations and explain how texture connects to emotions. This allows for sensory exploration and emotional expression through art.