

Summary of Lesson Six

In this lesson, students learn how to use their five senses—sight, sound, smell, taste, and touch—to stay present and understand what is happening inside their bodies and minds. Through the story *Tia Takes a Pause*, students see how stopping to notice physical and emotional clues helps Tia make healthy choices. Students practice pausing, observing, and recording their own observations using an investigation chart.

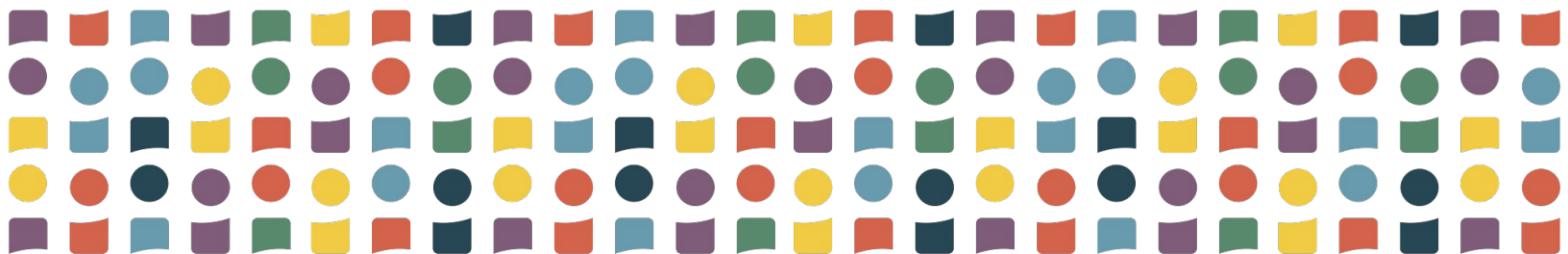
At Home Practice: 5 Senses

The 5 Senses Practice is an exercise that helps individuals focus on the present moment by paying close attention to what they can see, hear, smell, taste, and touch. This practice can help reduce stress, increase awareness, and improve emotional regulation by grounding us in the here and now.

Activity Instructions:

Preparation:

- Choose a comfortable and quiet place where you and your child can sit together without distractions.
- Gather a few objects that can engage the senses, such as a small snack, a fragrant item, a textured object, a colorful picture, and something that makes a sound.



At home practice 5 Senses Cont.

Introducing the 5 Senses Practice:

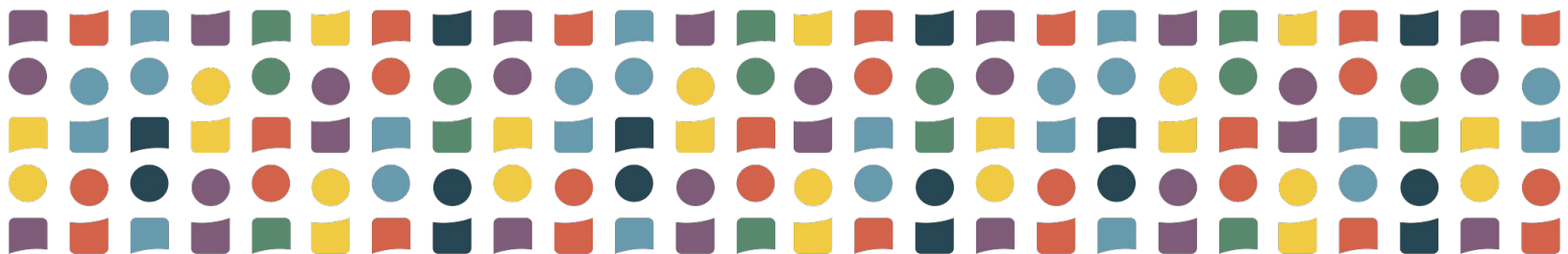
- Explain to your child that you will be doing a fun activity together that involves using all five senses to notice things around you. This will help both of you feel more present and aware of the moment.

The 5 Senses Game:

- Sit down together and take a few deep breaths to relax.
- Explain the rules of the game: You will take turns focusing on each of the five senses and describing what you notice. You can start with any sense you like.

Playing the Game:

- **Sight:** Look around and find something interesting or beautiful to focus on. Describe it in detail. For example, "I see a bright red flower with smooth petals and a yellow center."
- **Sound:** Close your eyes and listen carefully to the sounds around you. Take turns describing what you hear. For example, "I hear the birds chirping outside and the sound of cars passing by."
- **Smell:** Choose an item with a scent (like a flower or a spice) and take turns smelling it. Describe the scent and how it makes you feel. For example, "This smells like cinnamon, and it reminds me of baking cookies."



At home practice 5 Senses Cont.

- **Taste:** If you have a small snack, take a bite and focus on the taste. Describe the flavor and texture. For example, "This apple tastes sweet and a little tart. It's crunchy and juicy."
- **Touch:** Pick up a textured object (like a soft blanket or a smooth stone) and take turns feeling it. Describe how it feels in your hands. For example, "This stone is smooth and cool to the touch."

Reflection:

- After going through all five senses, sit quietly for a moment and reflect on the experience. Ask your child questions such as:
 - "How did it feel to focus on each of your senses?"
 - "Did you notice anything new or surprising?"
 - "How do you feel now compared to when we started?"
- Share your own observations and feelings as well.

Additional Rounds (Optional):

- If your child is enjoying the game, you can do additional rounds focusing on different objects or aspects of your surroundings.

Safety Note: Ensure that the items used for the activity are safe for children to handle and taste.