

Social Emotional Tools

Five Senses

Level: Elementary

Age: Children (Primary)

Time needed: 10 minutes

Aim: To create a calm and focused environment after or before the class work.

Materials: Sets of cards

Instructions:

- 1 Print and cut each set of cards.
- 2 Review vocabulary with students before adding this routine to your class.

How to use it?

After a fun activity, students might be energetic and distracted. To help students reset, practice mindfulness meditation. This routine might help them to cool down, focus, and connect with their environment.

- Have students pause until everyone is quiet. Speak calmly and say *Close your eyes. Think of something happy.*
- Model the calm breathing technique: take a deep breath in with your nose and a deep breath out with your mouth. Do this for one minute.
- While you give students time to breath, place the Five Senses cards in the classroom randomly. Ask students to think about four things they can see. Explain that they will open their eyes and look for four cards with objects they can see. Emphasize that this should be done silently.
- Ask four different students to say the item they found and where it is. Make sure the rest of the class look at the items their classmates mentioned.
- Ask students to close their eyes and think about four things they can smell. Follow the same process for touch and hear if time allows. If one or two senses are enough, you can stop and start a new activity.