

NATURE OBJECTS – SENSORY AWARENESS

Learning Intention

I can use my sense of touch to describe how an object from nature feels.

Criteria

- ❖ Students self-assess on a scale of 1-5 their level of calmness before and then after the exercise.
- ❖ Students verbally describe how an object from nature feels in their hands.
- ❖ Students work cooperatively with a partner.

Inquiry Question

How does our sense of touch help us describe an object from nature with our eyes closed?

Big Ideas

- ❖ Good health comprises physical, mental, and emotional well-being.

Curricular Competencies

- ❖ Identify and describe practices that promote mental-well being
- ❖ Identify and describe feelings and worries

Content

- ❖ Practices that promote health and well-being – participating in relaxing activities
- ❖ Effects of different activities on the body

Core Competencies

- ❖ Communication – students will have the opportunity to share how they felt after they complete their sensory journey.
- ❖ Thinking – students will self assess how they felt before and after the activity. They will reflect on any changes in their feelings.
- ❖ Personal and Social – regulating emotions and managing stress will be 2 key components of this activity.

LEARNING EXPERIENCE PLAN

Materials/Resources

Include links to online resources, titles of print resources, concrete materials, technology, etc.

- ❖ Nature objects. Examples could include: rocks, feathers, pine cones, leaves, sticks, pine tree segment, shell, acorn.

The Plan

Connecting

Explain to the class that we will be engaging in a “sensory journey” using objects from nature. Pause.....ask if they have any ideas about what this might be like.

This lesson could tie in nicely with a unit on the 5 senses.

Processing

Take students outside and sit them on the ground facing a partner. Explain to students that one partner will place a nature object in the other persons hand while their eyes are closed (if they are comfortable). Have students self assess on a scale of 1-5 how they are feeling at the beginning of this exercise. (1 being anxious to 5 being calm).

Once all students are paired up and sitting, distribute 2-3 nature objects to each student having them keep the objects hidden from their partners behind their backs. Choose a partner to close their eyes first. Have the other student carefully place one of the nature objects in the closed eyed partners hands. Have the student use as many describing words as they can when guessing what the object is. Even if they guess right away, encourage the students to hold the object and feel it for at least 60 seconds. Their partner can ask them questions like:

- What does it feel like?
- How does the object make you feel inside?
- What do you think it is?

If students need help with some describing words, model words such as: smooth, rough, bumpy, soft, grainy, sharp, pokey, hard, squishy etc.

At the end of the exercise, have students self-assess their level of calmness using the same scale from above.

Transforming & Personalizing

End the lesson by voluntarily having students share their experiences. Ask if they would like to share their self-assessment from before and after.

Discuss with the the class the following:

- How does your sense of touch change when your eyes are closed?
- How did you feel before/after the exercise?
- Did you notice that you were able to feel more when your eyes were closed? Why do you think this is?
- Why is it important to focus on our well being? Do you feel better now?/more ready to move on with our day?