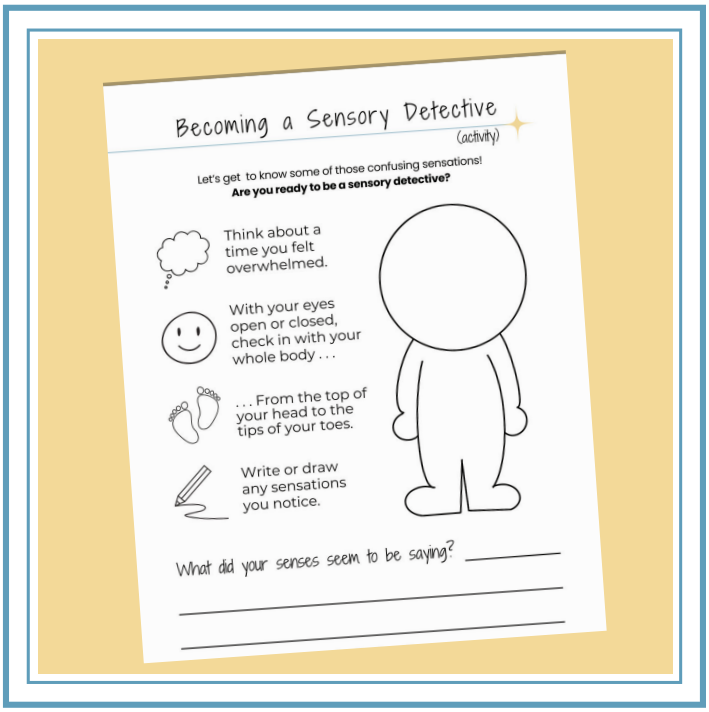
SENSORY solutions™

becoming a SENSORY DETECTIVE

with Riley the Brave



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tips for use

ASCA standards:
- M 2
- B-SMS 6
- B-SMS 7

Use this activity to explore the mixed-up sensations that can lead to big Downstairs Brain moments.

This activity should not be used right after a Downstairs Brain moment. Brains need time to recover before thinking critically.

It might be helpful to walk students through a body scan as they consider what they were feeling at the time.

Help students to write down everything they were feeling. Downstairs Brain moments can be triggered by the smallest sensations!

Encourage students to think about what they might do differently the next time they start to feel those sensations.

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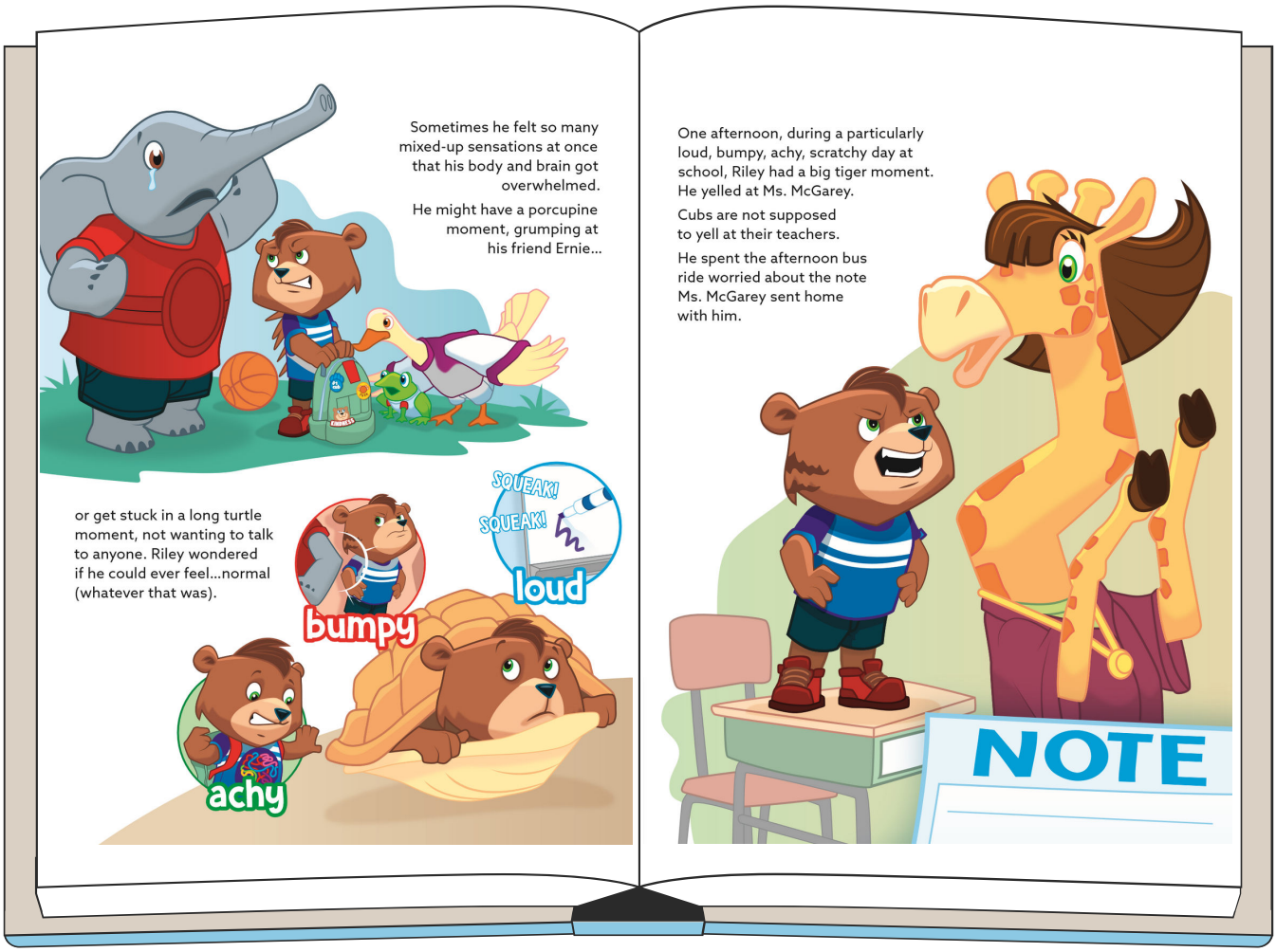
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Becoming a Sensory Detective

(intro)



Sometimes mixed-up sensations can lead to Downstairs Brain moments before we even realize we were feeling overwhelmed!



That's why it's important to get to know your sensational senses by becoming a sensory detective.

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Becoming a Sensory Detective

(activity)

Let's get to know some of those confusing sensations!

Are you ready to be a sensory detective?



Think about a time you felt overwhelmed.



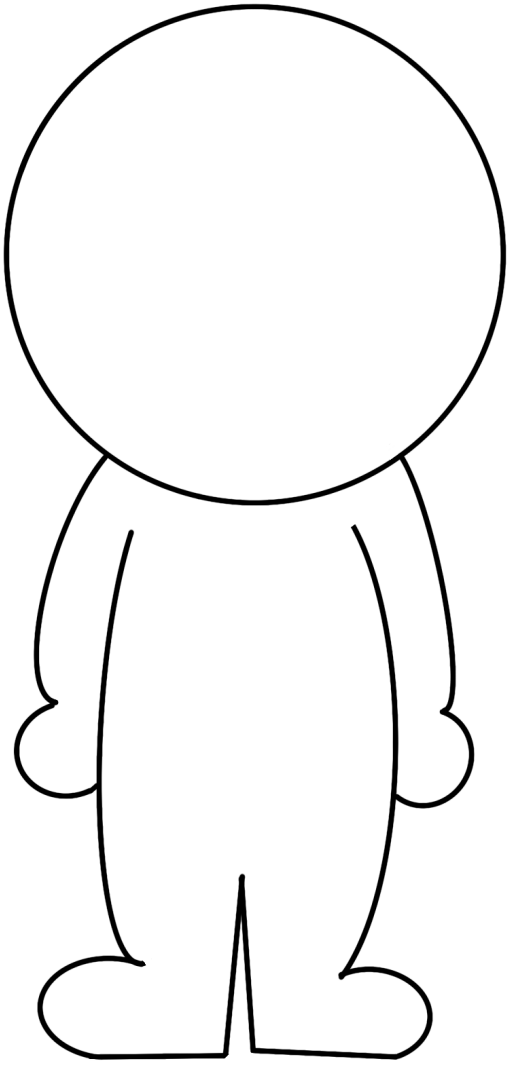
With your eyes open or closed, check in with your whole body . . .



. . . From the top of your head to the tips of your toes.



Write or draw any sensations you notice.



What did your senses seem to be saying? _____

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