Better Together

Take Charge of Your Senses

Today we learned how to take charge of our senses!

Today your child learned how to use their 8 senses to manage emotions, navigate challenges, and restore focus.

S E N S E S

Key Themes

- **The Big 5 + 3:** Our 5 main senses team up with 3 hidden senses to shape how we feel, think, and react to the world around us.
- **From Overwhelmed to In Control:** Understanding our senses isn't just fun—it's practical! When we know how to use our senses to regulate big emotions or stressful situations, we're better able to face life's challenges.

Keep Growing Those Brains

- **Notice the senses during everyday moments:**
  - While cooking, talk about the smells and tastes
  - On a walk, notice the colors and sounds around you
  - While doing homework, see if music or a little movement impacts focus
- **Reinforce the idea that we can use our senses to find calm:**
  - When your child seems stressed, try gently asking, "Which sense could help you right now?"
  - This reminder can help them take what they're learning in school and use it in real life

Try It Together: Butterfly Hug



Have your kiddo show you the Butterfly Hug:

- Sit up tall, cross your arms over your chest
- Sway gently back and forth as you breathe deeply
- Tap one hand at a time, like a butterfly flapping its wings

This is a great activity to practice before bed or when emotions run high.

Quick Guides for Your Family

Read more about the power of taking charge of your senses in this blog post.

Find more practical tips for your family in this 5-minute video.

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