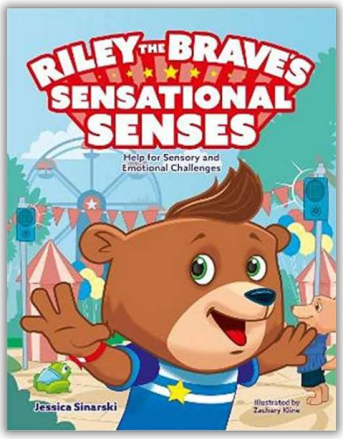
Better Together with Riley the Brave

Today we talked about our hidden senses!



Today students learned about how their bodies take in sensory information and the connection to emotions and behavior. This is a BIG topic that we are just introducing as a foundation for future learning.

Key Themes

- We have more than 5 senses!
- Our senses have to work together for us to feel calm and ready to learn.
- As we get to know our senses, we will be able to make a plan for feeling safe and in control.

Keep Growing Those Brains

When you do something that helps your body feel calm, say it out loud! For example, if you are very hungry and get a snack, you might say, "I was feeling kind of grumpy because I was getting hungry. I feel much calmer and happier now that I have eaten something." Another example: "I am having a hard time paying attention to what you're saying. Can we get up and move around a few minutes? I think then I'll be able to concentrate better."

Involve all the senses in everyday learning opportunities:

- Draw letters in shaving cream, salt, or play doh
- Jump up and down as you practice counting
- Check in before dinner with how bellies feel, then discuss again after you eat
- While out for a walk, take 30 seconds to listen for as many sounds as you can
- Make dinner together, tasting some of the ingredients as you go

For Further Reading with Your Child

- *Riley the Brave's Sensational Senses* by Jessica Sinarski
- *Listening to My Body* by Gabi Garcia
- *Wiggles, Stomps, and Squeezes Calm My Jitters Down* by Lindsey Rowe Parker

Quick Guides for Your Family

Check out this blog post to learn what may be behind meltdowns.

Learn more about our senses with this 5 minute video.

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SENSORY solutions™ By Jessica Sinarski