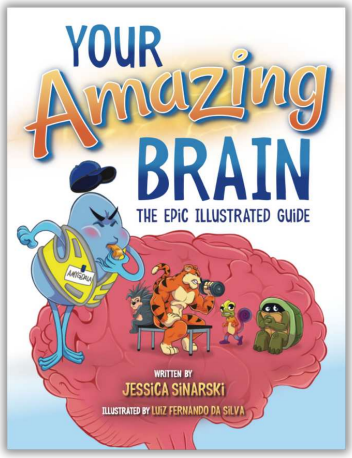
Better Together with *Your Amazing Brain*

Today we talked about our amazing brains and our eight senses!



Today students learned about how their bodies take in sensory information and how it affects their thoughts, feelings, and actions. 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.
- When we feel "off," there are things we can do to turn our learning brains back "on!"

Keep Growing Those Brains

Encourage your child to notice how different sensory experiences, like movement, touch, or sound, impact their mood and focus. For example:

- "Do you feel calmer or more energized after our walk?"
- "Was it easier to focus on homework with the music on or off?"

Remind them to check in with their body and learn to recognize when they might need a break or some physical activity to refocus.

Look for opportunities to encourage empathy for others who might have overwhelmed senses.

- A sibling who bounces their knee might need lots of proprioceptive input.
- An adult who snaps at kids may be overwhelmed by all the noise in the room (not excusing yelling but recognizing that we impact each other).
- We all have different sensory needs, so compassion is important!

For Further Reading with Your Child

- *Your Amazing Brain* by Jessica Sinarski
- *Hello, Anger* by Jessica Sinarski
- *The Kids' Guide to Staying Awesome and in Control* by Lauren Brukner

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