SENSORY solutions™

Riley the Brave's Sensational Senses

DISCUSSION GUIDE



© Jessica Sinarski, 2024

tips for use

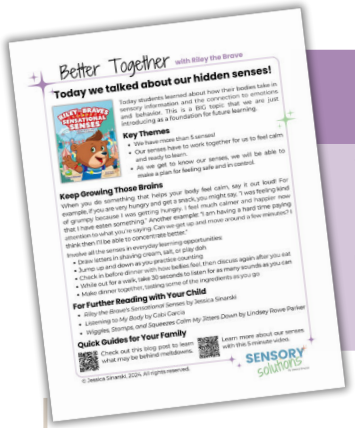
ASCA standards:
- M 2
- B-LS 1
- B-SS 2

Use this discussion guide to encourage further conversation about our sensational senses.

The questions, prompts, and ideas in this guide can be used for whole class, small group, or one-on-one instruction.

This guide pairs well with **Riley the Brave's Sensational Senses Mini Lesson Ideas**.

Return to these concepts regularly, helping students build their knowledge of their sensory systems .


Better Together with Riley the Brave

Today we talked about our hidden senses!

Key Themes

Keep Growing Those Brains

For Further Reading with Your Child

Quick Guides for Your Family

SENSORY solutions

Building Bridges

To help parents and guardians support sensory needs outside the classroom, send **Better Together with Riley the Brave** home with each child.

SENSORY solutions™

© Jessica Sinarski, 2024



Discussion Guide

Self-awareness is an important building block for emotion regulation, social skills, and more. Support your students' growth by discussing the topics brought up in *Riley the Brave's Sensational Senses.*

Discuss, write, draw, and/or play to process the following:

- What part or parts of the story did you relate to?
- Are there times your senses have felt overwhelmed?
- Miss Lena's list of tricks to try looked pretty interesting! Are there any of those that sound fun to you?
- Were there parts of Riley's sensational plan for feeling safe and in control that you want to try?
- How do you think each of these senses impact you at school? (consider sitting up, proper pressure when writing, moving around safely, etc.)

Keep in mind...getting in touch with the sensations in our bodies can be extra challenging for some students.

Come back to these topics with playfulness and empathy for how difficult it can be. Start to notice sensations in everyday moments and say them out loud.

- *"My arms were feeling cold, so I'm putting on my sweater."*
- *"That bell was loud. I had to cover my ears."*
- *"My shoulders feel tense right now. I am going to take a few deep breaths to relax."*
- *"Wow, I just noticed a big hungry feeling in my belly. I didn't realize it because I was so busy, but now I really need a snack."*

"I wonder..." statements can help your students get to know their senses. For example: *"I wonder if your senses are feeling overwhelmed right now. I feel that way sometimes too. I'm here to help."*

© Jessica Sinarski, 2024. All rights reserved.

TERMS OF USE

1 LICENSE

This toolkit and all items therein are licensed for use exclusively by the purchasing school and its authorized staff. This license is non-transferable and non-exclusive.

2 USAGE

The toolkit may be used solely for educational purposes within the purchasing school. Any commercial use, resale, or further distribution is strictly prohibited.

3 MODIFICATION

Users may not modify, adapt, or create derivative works from the toolkit without prior written permission from the provider.

4 INTELLECTUAL PROPERTY

All content within the toolkit, including but not limited to text, graphics, and videos, remains the intellectual property of the provider and is protected by applicable copyright laws.

5 LIABILITY

The provider is not liable for any damages resulting from the use or misuse of the toolkit. Users assume all responsibility for ensuring the toolkit meets their needs and complies with applicable regulations.

6 TERMINATION

The provider reserves the right to terminate the license if the terms of use are violated. Upon termination, the user must cease all use and return or destroy all copies of the toolkit.

7 GOVERNING LAW

These terms are governed by the laws of the jurisdiction in which the purchasing school is located.