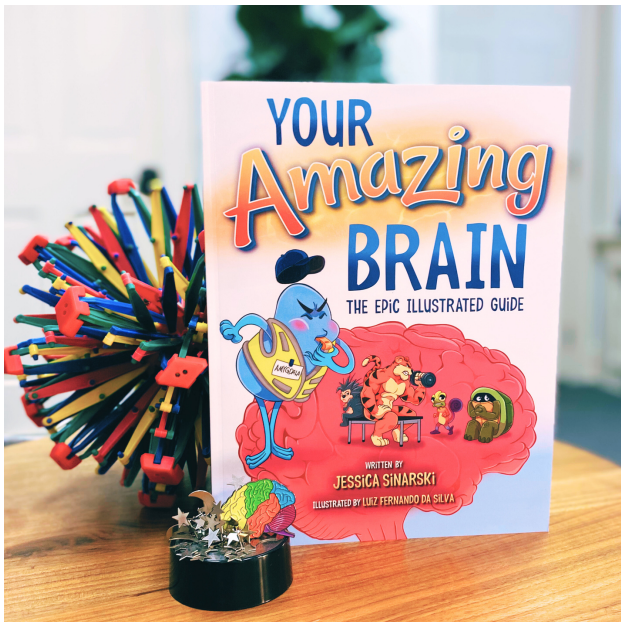
SENSORY solutions™

teaching the senses with

# YOUR AMAZING BRAIN

Mini Lesson Ideas




© Jessica Sinarski, 2024

# tips for use

**ASCA standards:**

- M 4
- B-SMS 2
- B-SMS 6

Mini lesson ideas for various ages using the book *Your Amazing Brain: The Epic Illustrated Guide.*

These lessons are made to work for the whole class, small groups, or one-on-one. As you plan, think of the varied and individual student needs.

Enhance your lesson with questions from ***Your Amazing Brain* Discussion Guide**.

Find additional options for various ages in ***Riley the Brave's Sensational Senses* Mini Lesson Ideas**.


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?"
- "How is 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 kid who sneaks 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.

SENSORY solutions

© Jessica Sinarski, 2024. All rights reserved.

## Building Bridges

To bridge the gap between home and school, send **Better Together with *Your Amazing Brain*** home with each student.

SENSORY solutions™

© Jessica Sinarski, 2024

# Mini Lesson Ideas

*Find additional conversation prompts and tips for engaging students on this topic in* **Your Amazing Brain *Discussion Guide***.

## Move Your Body to Fuel Your Brain



**Learning Objective**
Students will be able to describe their proprioceptive sense and demonstrate activities that help them feel learning ready.

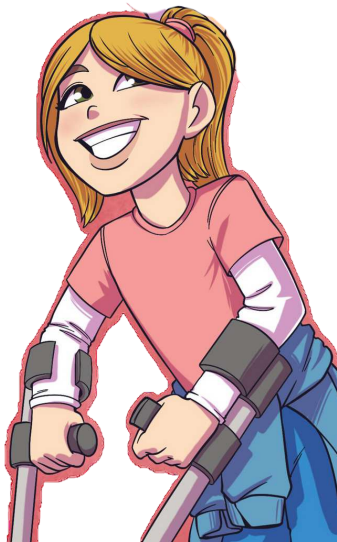
**Essential Question**
When I feel "off," what can I do to turn my learning brain back "on?"

**Lesson**
Begin by having small groups discuss the essential question. As groups report back, note their responses on the board to reference throughout the lesson.

- Ask students to list the senses. Once they've named the typical five, ask if they know about the other three.
- Read pages 10-11 in *Your Amazing Brain* together, pausing to discuss each of the hidden senses.
- Use a video like "**Your Tongue**" from SciShow Kids or "**The Sense of Taste**" from Smile and Learn to make the connection that our senses use receptors to communicate with the brain.
- Share this "**Sensory Mini**" video created by Sue Allen to expand that concept into understanding the hidden sense, proprioception. *[Please note: It's not essential that you and your students understand every element of the video. The key takeaway is the connection between movement (pushing, pulling, lifting, climbing, running, jumping, etc.) and being able to be calm and focused for school.]*



**Wrapping Up**
Finish by discussing and practicing strategies to "feed" the proprioceptive sense. These might include elements you are already using from the Sensory Solutions™ Toolkit or suggestions from the class that are safe to do in the school setting.




© Jessica Sinarski, 2024. All rights reserved.

# Interoception and Mindful Awareness

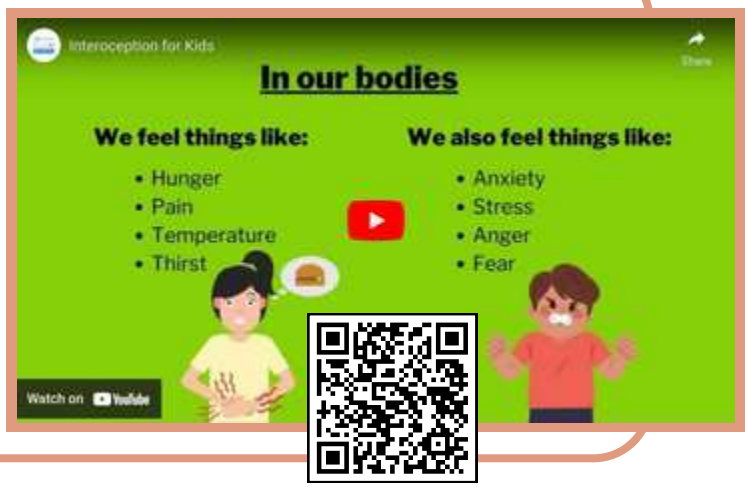
**Learning Objectives**

- Students will increase their interoceptive awareness in a gentle, non-intrusive manner.
- Students will practice mindful breathing for regulating emotions.

**bit.ly/SensesIntro**

This video provides a simple explanation of interoception.

Encourage discussion about some of the ways that needs and emotions show up in our bodies.




**Guided Mindful Breathing Script**

- Sit or stand comfortably, letting your neck get nice and long.
- With eyes open or closed, begin to notice your breath. Can you feel it coming in and out of your nose? Do you notice your chest or belly moving?
- You don't need to change anything, just use your interoceptive [in-tuhr-oh-sep-tiv] sense to follow the air as it moves into your lungs and then out of your nose or mouth.
- Can you notice any other sensations? Perhaps the sound of your breath or the coolness of the air against your face?
- Just notice how these sensations feel–there is no right or wrong, good or bad.
- Before we finish up, take one more deep breath in. Hold it with me for just a moment. Now blow allllllll the air out of your lungs.
- If you had your eyes closed, you can open them now. Maybe turn your head side to side or shake out your arms and legs.
- Take one more mindful moment to notice what signals your body is sending you.
- Remember: every brain, every sensory system is different. Getting to know *your* hidden senses will help you here in the classroom and everywhere else too! Well done.


© Jessica Sinarski, 2024. All rights reserved.

# Sensory Processing: Caring for Self & Others

Use these videos to learn more about the senses and increase empathy for others with differing sensory needs.




**bit.ly/SensesMind**

This video provides a quick primer on our eight senses.

Also includes a helpful metaphor to explain differences in sensory processing.

**bit.ly/SensesPrope**

Take a deeper dive into our proprioceptive sense.

Learn the signs that you may need more "prope" and suggested activities to help.







**bit.ly/SensesSystem**

Get a better understanding of the vestibular system.

Includes activities that may be regulating for anyone needing more vestibular input.



© Jessica Sinarski, 2024. All rights reserved.

# TERMS OF USE

## 1 LICENSE

This toolkit and all items therein and 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.