

5 Senses of Gratitude

GRATITUDE

To encourage students to reflect on the things they love through the five senses and creatively express their gratitude by designing a handprint that represents their sensory experiences.



Learning Intentions

I can reflect on the things I love and appreciate through my five senses:

This encourages students to connect with the world around them by reflecting on the things that bring them joy through sight, touch, hearing, smell, and taste.

I can express my gratitude creatively:

This helps students practice self-expression by using art and reflection to show what they are thankful for.

I can share my gratitude with others:

This encourages students to think about the people they love sharing these sensory experiences with, promoting social connection and appreciation.



Success Criteria

I can identify something I love related to each of my five senses:

This ensures students are actively thinking about and reflecting on the things they enjoy through their senses.

I can creatively express my gratitude by drawing or writing on my handprint:

This demonstrates students' ability to creatively share their reflections through art and writing.

I can share my reflections with my class or family:

This encourages students to communicate their gratitude and connect with others through their personal creations.



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Objective:

To encourage students to reflect on the things they love through the five senses and creatively express their gratitude by designing a handprint that represents their sensory experiences.

Players:

Ideal for individual reflection, small groups, or classrooms.

Materials:

- A4 piece of paper
- Crayons, markers, or coloured pencils
- A pencil for tracing

Setup:

- Give each student an A4 piece of paper and crayons or markers. Make sure they have
- enough space to trace their hands and decorate their drawings.

Activity:

Trace Your Handprint:

Ask each student to place their hand in the middle of the A4 paper and trace around the outside of their hand with a pencil.

Label Each Finger with a Sense:

Assign each finger to a sense. For example:

- Thumb = **Sight**
- Index finger = **Touch**
- Middle finger = **Hearing**
- Ring finger = **Smell**
- Little finger = **Taste**

List What You Love for Each Sense:

In each finger of the handprint, ask the students to write or draw something they love related to each of the five senses. For example:

- **Sight:** What do you love to see? (e.g., sunsets, favourite toys)
- **Touch:** What do you love to touch? (e.g., soft blankets, petting a dog)
- **Hearing:** What do you love to hear? (e.g., music, laughter)
- **Smell:** What do you love to smell? (e.g., flowers, cookies baking)
- **Taste:** What do you love to taste? (e.g., ice cream, fruit)



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Share with Someone You Love:

Encourage students to think about the people they love to share these experiences with. For example, "Who do you eat ice cream with?" They can write or draw the person in their life who makes these sensory experiences special.

Draw in the Palm of Your Hand:

In the palm area of the handprint, students can draw one of the activities from their list of senses. For example, they can draw themselves eating ice cream with a grandparent or hugging a pet. This helps students connect the sensory experience to a meaningful moment.

Decorate the Outside of Your Handprint (Optional):

Encourage students to decorate the outside of their handprint with drawings of the other sensory experiences they listed. This adds a creative and personal touch to the activity.

Reflection Prompt:

- What is something you love to see, touch, hear, smell, or taste?
- How does it make you feel when you do those things?
- Who do you love sharing these moments with?

Winning the Game:

There are no winners in this activity. The goal is to promote self-reflection, gratitude, and creativity, while encouraging students to appreciate the small things in life.

Family or Classroom Variation:

Once the students have finished their handprint creations, you can have them share their reflections with the class or take their creations home to share with their family. This fosters connection and allows students to discuss the things they are grateful for in their daily lives.

Additional Notes:

5 Senses of Gratitude encourages students to think about the things they enjoy and appreciate through their senses, helping them develop an attitude of gratitude. This activity combines art, self-reflection, and social connection, allowing students to express their gratitude in a fun and meaningful way. It helps build a positive, appreciative mindset and encourages students to recognise the beauty in the world around them.

