

## Exploring Our Senses | 3rd-5th Grade Activity

**WISE** is an organization that supports people who have experienced abuse and violence. Abuse can be physical or verbal and is when people try to take away our power over ourselves. WISE educators spend a lot of time in schools talking with students about these issues so that people know that it is not okay and that they deserve help. We also want to think with young people about how we can create a world without violence.

When WISE visits elementary schools, we focus on the most important relationship we have – the one with ourselves! We can have a *wise* relationship with ourself by listening to what our body is telling us through our five senses: sight, smell, hearing, touch, and taste. Our senses are amazing because they communicate information to us about the world around us.

### ACTIVITIES: choose one or do all three!

**Create a box of senses.** Find things around the house to put in a box. Try to get one for each sense: sight, smell, hearing, touch, and taste. You can use the box in the future whenever you feel overwhelmed, mixed up, or confused. Pick things that make you feel good, bring back happy memories, or calm you down. You can decorate your box, too!

• Watch Celine demonstrate creating her own box of senses: [https://youtu.be/\\_ObLYWqrQ1Q](https://youtu.be/_ObLYWqrQ1Q)



**Create a rain stick.** To do so, you will need: an empty paper towel roll, tape, aluminum foil, and finally, coffee beans, rice, or any grain. Here are some instructions:

- Wrap aluminum foil around a large wooden spoon so that it forms a spiral pattern.
- Put the aluminum foil through the paper towel and tape it down on both sides.
- Tape up one side of the paper towel roll, so the grains won't fall out.
- Put one cup of the grains into the paper towel roll.
- Tape up the other side.
- Enjoy!

Here are some helpful links if you get confused:

- Celine from WISE: <https://youtu.be/yyamvLfMTFg>
- <https://www.wikihow.com/Make-a-Rain-Stick>
- <https://climatekids.nasa.gov/rainstick/>



**Create a playlist** on YouTube, Apple music, Spotify, or whatever you use. You can choose songs that make you happy and want to dance, songs that match your mood, songs that make you feel like you are somewhere else, or your favorite songs!

