

# BODY SENSE



WISE was here to talk about our senses!

We learned that WISE comes to schools and works with students to promote safe, happy and healthy relationships (with ourselves and others!).

Today we did an activity called "Body Sense" and WISE brought in a bunch of random objects (feathers, rocks, stuffed animal, spices, scarfs, shells, etc.) for us to use all of our senses to interact with. Instead of just looking at the object, we paid attention to how it felt in our hand, how it smelled, and what we could hear from it. After spending time with everything that we wanted to, we talked as a group about how the objects made us feel. We didn't all like the same stuff, which was a good reminder that we're all different. Some of us had the experience where something we interacted with made us remember another time or place. It's good to pay attention to what we like, don't like, and what makes us feel calm and relaxed. Anytime we're feeling overwhelmed or out of control, we can remember the things or practices that can calm us. This way we can take care of ourselves!

We talked about how smart our bodies are and how we even have a sixth sense called intuition. Our sixth sense can usually tell when something isn't quite right for us. It's good to pay attention to our sixth sense, as this might be a time when we want to ask an adult for help or talk about how we're feeling.

## You can help WISE reinforce these important messages!

Looking for more ways to support young people in your life? Check out WISE's Prevention booklet located on our website.

- Talk to your kids about how your body sends you messages to help you take care. Point out the things you do to take care of your physical and emotional self. It's so important for us to recognize all the joy and pleasure that can come from our bodies, senses, and the world around us. Help your children realize that they always have access to this; it can be helpful in taking care of ourselves.
- Help your children identify sensations in their bodies and what they might mean. When we are able to identify how our bodies feel safe/calm/happy, it's easier for us to identify when things aren't quite right.
- Sometimes it's easy to get busy and forget to pay attention to how cool the world can be and how our bodies let us experience it! Help your kids remember to look around, find joy, and add their own special goodness to the world.