

Be Active

Connect

Give

Keep
Learning

Take
Notice

Five Senses

Stage: Early stage 1 - 3
Duration: 45 minutes

Resources:

- Take Notice Scavenger Hunt Checklist resource - Early Stage 1 – Stage 3
- Take Notice Scavenger Hunt Worksheet resource - Stage 1 – Stage 3
- Pens or pencils

Learning Objectives:

- ✓ Recognises and describes strategies people can use to feel comfortable, resilient and safe
- ✓ Identifies and describes emotional responses people may experience in different situation
- ✓ Explain and use strategies to develop resilience and to make them feel safe, happy and connected

Warm Up 5 minutes	Introduce the concept of mindfulness and its benefits
Mindfulness 25 minutes	<ol style="list-style-type: none">1.Sight- Observe and describe five different objects in the environment.2.Hearing - Close eyes and identify three distinct sounds.3.Smell - Experience two different scents and discuss their qualities.4.Touch - Feel four different textures and describe the sensations.5.Taste - Savor one item, noting its flavour and texture.
Reflection 10 minutes	Share experiences from the activities. Discuss how focusing on senses can help manage emotions and enhance well-being.
Wrap Up 5 minutes	Summarise takeaways Encourage practicing mindfulness in daily routines