

Promising Practices: Student Well-Being

Check your Senses



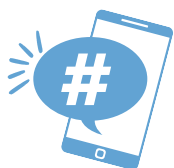
What is it?

"Check your senses" is a grounding technique that guides students to recall a positive memory through their five senses; smell, touch, taste, sound, and sight.

Teachers use this technique to help recenter the whole class, especially after an excitable situation like a fire drill or other school disruption that can cause dysregulation.

Impact?

- Self-awareness
- Self-management
- Responsible decision-making



Show us how you did it: [#PromisingPractices](#) [#FreeTeacherResources](#)

About



To learn more about this resource:



[Instruction Video](#)



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Sample



Grade Level

K-5

Additional Resources



[Promising Practices](#)

How to do it:

1

Awareness: Teach students about their five senses: smell, hearing, touch, taste, sight.

2

Memory: Students identify a positive memory. Students can write it down in a personal journal or state it out loud to a partner, small group, the whole class.

3

Practice: Have the students remember their positive memory and practice recalling it using all five of their senses (see video for an example).

4

Execute: After a disruptive experience, guide student(s) through the exercise of recalling their positive memory through their five senses. Use the Instruction Video if you feel it would be supportive to the situation.

