

5 Senses of Gratitude Levels C & D

GRATITUDE

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



Learning Intentions

Reflect through Senses:

To reflect on the things I love and appreciate through my five senses (sight, touch, hearing, smell, taste).

Express Gratitude Creatively:

To show gratitude through drawing and writing.

Share Gratitude:

To talk about or share my gratitude with others to build a connection.



Success Criteria

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

I can creatively express my gratitude on my handprint.

I can share my reflections with my class, teacher, or family.



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Duration: 20–25 minutes

Objective

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

What You Need

- A4 paper (one per student)
- Pencil for tracing hands
- Pencils or coloured pencils

Gameplay

1. **Trace Your Handprint** – Students trace around their hand on the A4 sheet with a pencil.
2. **Label Each Finger with a Sense** – Assign one sense to each finger:
 - Thumb = Sight
 - Index finger = Touch
 - Middle finger = Hearing
 - Ring finger = Smell
 - Little finger = Taste
3. **List What You Love for Each Sense** – In each finger space, students draw or write something they love:
 - Sight: sunsets, favourite toys
 - Touch: soft blankets, hugging Mum/Dad
 - Hearing: music, laughter
 - Smell: cookies baking, flowers
 - Taste: ice cream, fruit
4. **Add Someone Special** – Encourage students to add or draw who they love to share these sensory experiences with (e.g., eating ice cream with a friend, hugging their pet).
5. **Draw in the Palm** – In the palm area, students draw one favourite moment (e.g., laughing with family, hugging a pet).
6. **Decorate the Handprint (Optional)** – Students add colours, shapes, or extra drawings to personalise their gratitude hand.



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Reflection Prompts

- 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?

For Wheelchair Users / Accessibility

- Students can **trace a peer's hand** if they find it tricky to trace their own.
- Gratitude reflections can be expressed by **drawing, speaking, pointing, or using assistive technology**.
- Teachers can provide **visual prompts** for each sense to support understanding.

Notes for Inclusion

- Celebrate **all types of responses**, whether a picture, a word, or a symbol.
- Offer sentence starters (e.g., "I love to see...", "I love to hear...") for those who need support.
- Encourage respectful listening when students share.

Variations

- **Classroom:** Display the handprints together to create a "Senses of Gratitude" wall.
- **Family/Home:** Students take their handprint home and share it with family. Encourage a family discussion about what each person is grateful for.
- **Group Challenge:** As a class, collect five sensory gratitude examples per week and make a Gratitude Poster together.

