

5 Senses of Gratitude – Levels F-3

GRATITUDE

To help students explore gratitude by reflecting on the world around them through their five senses, and to creatively express and share their thankfulness.



Learning Intentions

Notice with My Senses:

To notice and name things I enjoy through sight, touch, hearing, smell, and taste.

Express Gratitude Creatively:

To show gratitude using pictures, words, or symbols.

Share Gratitude:

To share what I am thankful for with others.



Success Criteria

I can identify at least one thing I love for each sense.

I can record my ideas with drawings, words, or symbols on my handprint.

I can share my ideas with a friend, teacher, or family member.



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Duration: 20–25 minutes

Objective

To help students explore gratitude by reflecting on the world around them through their five senses, and to creatively express and share their thankfulness.

What You Need

- A4 paper (one per student)
- Pencil for tracing
- Pencils coloured pencils
- Optional: picture cards or sensory objects as prompts

Gameplay

1. **Trace the Hand** – Students trace around their hand on the A4 paper.
2. **Assign Each Finger a Sense** – Teachers help students label fingers with:
 - Thumb = Sight
 - Index finger = Touch
 - Middle finger = Hearing
 - Ring finger = Smell
 - Little finger = Taste
3. **Choose Gratitude Examples** – For each finger, students draw or write something they love:
 - Sight: rainbow, sunshine, favourite toy
 - Touch: hugging Mum/Dad, patting a pet
 - Hearing: birds singing, favourite song
 - Smell: flowers, dinner cooking
 - Taste: pizza, fruit, ice cream
4. **Draw in the Palm** – In the palm area, students draw one special moment (e.g., eating dinner with family, playing with a pet).
5. **Decorate the Handprint** – Encourage students to add colours and decorations around their handprint.

Reflection Prompts

- What is something you love to see, hear, smell, taste, or touch?
- How does it make you feel?
- Who do you like to share this with?



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For Wheelchair Users / Accessibility

- Students can have their **hand traced by a peer or teacher**.
- Gratitude can be shown through **drawing, speaking, pointing, or using symbols/assistive technology**.
- Provide **visual cards** (food, toys, nature, family) to support choices.

Notes for Inclusion

- Accept any form of expression (drawing, oral sharing, symbol use).
- Offer sentence starters (e.g., “I love to smell...”, “I love to hear...”) to scaffold reflection.
- Celebrate all answers and encourage listening to each other’s sharing.

Variations

- **Classroom:** Create a class Gratitude Wall with everyone’s handprints.
- **Family/Home:** Students take their handprint home to share at dinner or family time.
- **Group Sharing:** Students pair up and show each other their favourite sense drawing.

