

5 Senses of Gratitude (Levels A-B)

GRATITUDE

To help students begin to understand gratitude by exploring positive sensory experiences, what they like to see, hear, touch, smell, and taste, and expressing these choices in a simple, creative way.



Learning Intentions

Explore Through the Senses:

Students will notice things they like using simple sensory cues (sight, touch, hearing, smell, taste).

Express Gratitude Simply:

Students will show something they enjoy through choosing, pointing, drawing, or using AAC.

Share Happy Moments:

Students will participate in sharing their choices with peers or adults to build connections.



Success Criteria

Students choose or show one thing they enjoy for each sense using a picture, gesture, mark-making, or AAC.

Students create a simple “gratitude hand” using tracing, drawing, colouring, or picture pasting with support.

Students express how a favourite sensory experience makes them feel (happy, calm, excited) with visuals or AAC.



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Duration: 20 - 25 minutes

Objective

To help students begin to understand gratitude by exploring positive sensory experiences, what they like to see, hear, touch, smell, and taste, and expressing these choices in a simple, creative way.

What You Need

A4 paper (one per student)
Pencil (for teacher or adult to trace around hand if needed)
Coloured pencils
Visual prompts for each sense: (found in PDF resource)
• Sight: sun, pet, favourite toy
• Touch: soft blanket, sand, water
• Hearing: music notes, bells, laughter
• Smell: flowers, cookies, soap
• Taste: fruit, ice cream, favourite drink
Emotion visuals (happy, excited, calm)
AAC devices with core words ("see," "touch," "hear," "smell," "taste," "like," "happy")

Setup

1. Print out the 5 sense visual prompt cards
2. Students sit at tables or on the floor with paper in front of them.
3. Teacher introduces the idea:
4. "We will think about things we LIKE using our senses!"
5. Show visual cards for each sense and model:
6. "I like to SEE the sun."
7. "I like to TOUCH soft things."
8. Prepare supports: hand-over-hand tracing, stickers, symbols, or tactile cards.
9. Ensure AAC devices are open to sensory vocabulary.

Gameplay

1. Trace the Hand

A teacher or support adult helps students trace their hand (or trace an adult's or peer's hand if easier).

Any hand shape drawn is accepted.



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2. Assign the Five Senses

Teacher points to each finger and names the matching sense using simple language and visuals:

Thumb = See

Index = Touch

Middle = Hear

Ring = Smell

Little = Taste

Repeat slowly and show each matching picture.

3. Choose Something You Like for Each Sense

For each finger, students choose an item they enjoy. They can choose to either fill the hand template in by using drawings, stamps/stickers or prompt cards or they can simply identify a prompt card for each of the 5 senses the hand focuses on.

Students may respond by:

- pointing to a visual prompt card
- touching a tactile object
- looking at a chosen visual prompt card
- selecting on AAC ("see toy," "hear music")
- making a sound or smiling
- drawing or scribbling in the space provided on their hand outline

Teacher names the choice:

"You like to SEE your dog."

"You like to TOUCH soft blankets."

4. Draw in the Palm

Students draw, scribble, or paste a picture of a favourite moment (e.g., smiling with mum, playing outside).

Teacher narrates positive meaning:

"That makes you HAPPY."

5. Decorate the Handprint

Students use colours, shapes, or stickers to complete their gratitude hand. Celebrate their choices and creativity.



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Debrief / Reflection

Use simple questions with visuals:

- "Point to something you like to SEE."
- "Show me TOUCH." (point to finger or tactile item)
- "Which one makes you HAPPY?"
- "Who do you want to share your happy moment with?"

All responses, gesture, eye gaze, vocalisation, AAC, are celebrated.

Sensory-Seeking Learners Variation

1. Use Real Objects

Provide sensory items to explore each category:

- SEE → torch light, shiny object
- TOUCH → soft cloth, textured ball
- HEAR → bell, shaker
- SMELL → scent jar, flower
- TASTE → empty spoon, food picture symbols

Students choose through touch, sound, or visual preference.

2. Add Movement

Before each sense, add a regulating movement:

- SEE → "look up, look down"
- TOUCH → gentle hand rub
- HEAR → shake instrument
- SMELL → slow sniff gesture
- TASTE → pretend licking or tapping lips

3. Offer Tactile Art Materials

- foam shapes
- textured stickers
- scented markers
- fabric pieces

Students create a multisensory gratitude hand.

4. Regulation Breaks

Provide movement or calming supports between senses:

- deep pressure hug to cushion
- wiggle break
- wall push
- weighted item



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AAC-Specific Supports

1. Prepare AAC Vocabulary

Include:

- see / look
- touch
- hear
- smell
- taste
- like
- happy
- more
- finished

2. Aided Language Input

Teacher models:

- “I see...”
- “I like touch...”
- “I hear music.”
- “That makes me happy.”

3. Choice-Making With AAC

Use:

- binary choices (“see sun or see toy?”)
- partner-assisted scanning
- simple symbol grids

4. AAC for Recording

Students use AAC instead of drawing to “fill” each finger:

- “see dog”
- “touch blanket”
- “hear music”

Teacher may write the AAC responses on the handprint.

5. AAC Reflection

Students respond with symbols such as:

- “happy”
- “like this”
- “favourite”
- “more”

All activations—partial, approximate, or delayed—are counted as success.



VISUAL PROMPTS

PRINT AND CUT OUT THE CARDS, THEN GROUP THEM BY SENSE. ASK EACH STUDENT TO PICK ONE FROM EACH SENSE THEY ENJOY. STUDENTS STICK OR PLACE THE FIVE PICTURES AROUND A TRACED HAND OR PAGE AS THEIR "GRATITUDE SENSES." FINISH BY LETTING THEM POINT TO A FEELING CARD.

SIGHT



SUN

SIGHT



PET



SIGHT



FAVOURITE TOY



SIGHT



TV SHOW



VISUAL PROMPTS

TOUCH



SOFT BLANKET

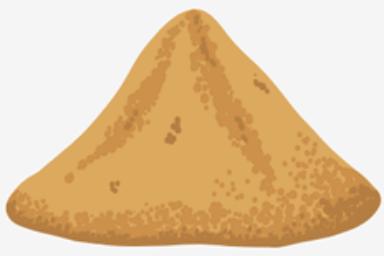
TOUCH



PET

PLAY

TOUCH



SAND

PLAY

TOUCH



WATER

PLAY

VISUAL PROMPTS

HEARING



MUSIC

HEARING



BELLS

PLAY

HEARING



LAUGHTER

PLAY

HEARING



BIRDS

PLAY

VISUAL PROMPTS

SMELL



FLOWERS

SMELL



COOKIES

PLAY

SMELL



SOAP

PLAY

SMELL



CANDLE

PLAY



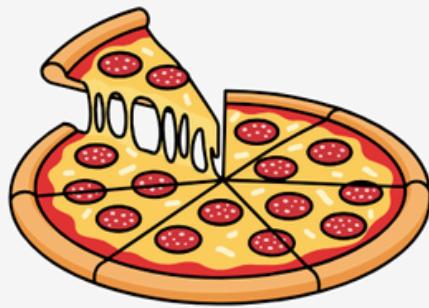
VISUAL PROMPTS

TASTE



FRUIT

TASTE



PIZZA



TASTE



CHOCOLATE



TASTE



ICE CREAM

