

# 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.



# 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.

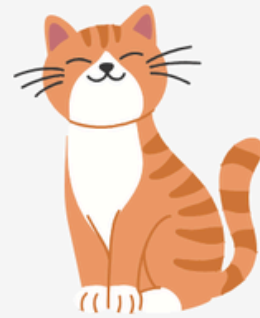
SIGHT



SUN

PLAY

SIGHT



PET

PLAY

SIGHT



FAVOURITE TOY

PLAY

SIGHT



TV SHOW

PLAY

# VISUAL PROMPTS

TOUCH



SOFT BLANKET



TOUCH



PET



TOUCH



SAND



TOUCH



WATER



# VISUAL PROMPTS

HEARING



MUSIC



HEARING



BELLS



HEARING



LAUGHTER



HEARING



BIRDS



# VISUAL PROMPTS

SMELL



FLOWERS



SMELL



COOKIES



SMELL



SOAP



SMELL



CANDLE



# VISUAL PROMPTS

TASTE



FRUIT



TASTE



PIZZA



TASTE



CHOCOLATE



TASTE



ICE CREAM

