

GRADE 1 SCIENCE: USING OUR SENSES

MINDFULNESS MOMENT

OUTCOME

- SE1.1 Investigate characteristics of the five traditional external senses (i.e., sight, sound, smell, touch, and taste) in humans and animals.
- SE1.2 Explore how humans and animals use their senses to interact with their environment.

BACKGROUND KNOWLEDGE

- Mindfulness exercises in nature can help release negative tensions.
- Time spent in nature helps kids to refocus when learning.
- Sense organs help animals to monitor the world around them and send signals to the brain to keep them aware of their surroundings.
- Sight is the sense most relied on by humans, while other animals rely on different senses.

ACTIVITY: MINDFULNESS

1. Find a quiet, natural spot in your school yard or local green space.
2. Have the students lie down on the grass or snow with their eyes closed and be totally quiet.
3. Encourage them to use their senses to smell, feel, & hear.
4. Start with shorter increments of quiet time and build up with repeated practice.
5. After the allotted time has passed, get them to share what they heard, smelled or felt.

HEALTH/SAFETY

- During the spring, ticks can be found in the grass. Do a quick critter check once finished. The most common tick in Sask is not a major concern- simply flick the tick. More info.

TOP TIPS

1. Great for all seasons!
2. Space the kids apart- less distraction.
3. Speak softly once mindfulness moment is done- keeps kids calm.

MATERIALS

- Weather appropriate clothing.

RESOURCES

1. Website- Info & pics to better understand senses. [Link](#).
2. Article & Video- To learn more about mindfulness- [Link](#).

ESSENTIAL QUESTIONS

1. What do our senses tell us?
2. How do our senses help us?

EXTENSIONS

1. **HEALTH (USC1.1)** - Discuss other strategies that help them feel calm.
2. **PHYS ED (PE1.10)** - Blind trust walk in schoolyard or local park (avoid hazards).
3. **ELA (CC1.2)** - Keep a visual log of all the senses stimulated on each visit. See example.

TAKING IT FURTHER

1. **EXPERTS**- Book a Meewasin guide or other naturalist to help identify sounds, smells and critters you may find crawling in the grass.
2. **FIELD TRIPS**- Compare your schoolyard to a more natural space with a visit to the Grasslands, North East Swale or other wild habitat!

HOME CONNECTION

- Invite your family to participate in a mindfulness moment in your back yard or local green space.

DID YOU KNOW?

Meewasin helps to manage many of the tranquil, natural spaces in Saskatoon and surrounding area? See Meewasin map.