Planning and preparation guide for...

The 5 Senses Journey

Planning

1. Chose the setting.

Each 5 senses journey should go to just one setting. Choose a setting...

- from a book that your class is reading
- from a science or social studies unit that your class is exploring
- by brainstorming and choosing a setting with your class

2. Generate setting details

Give yourself time to imagine all of the possibilities for what you might see, hear, taste, smell & touch in the setting. Use the **5 Senses Brainstorm Tool.**

3. Choose 3 elements within your setting to explore in depth.

- **Choose elements that can be experienced and described through multiple senses.** For example, if you are going to a rainforest, you might stop at a waterfall which you can see, hear, feel & taste.
- **Choose elements that children will gain understanding of through acting out with their bodies and voices.** For example, if you are going to a farm, you might stop at pig pen to make squishy noises for mud, pretend our feet are stuck and make faces to show how the pigpen smells.

4. Make a map.

Use the 5 Senses Journey Support Tool to plan transitions and what you will say to announce, describe and invite action for each setting element.

Put your plan into a 5 Senses Journey Map.

Planning Tips:

- Choose a role that will give your class a fun reason to notice sensory details in the setting. Examples: archeologists, explorers, time travelling scientists, artists looking for inspiration or detectives looking for clues.
- Choose only 3 elements to explore in depth, so that the journey does not take too long. You can always take another journey to the same setting on another day to explore more elements in detail.
- Make sure that all 5 senses are being used in the journey.
- Keep verbal descriptions concise and always follow them up with something that kids will actually DO with their bodies and voices. See the **5 Senses Journey Support Tool** for examples.

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Preparation

How will you support student spatially?

In this game, we will go on a journey, without moving around the room! Each child will need spot to move their whole body safely. Give kids a clear visual spot to stay in and or return to, such as...

- a square on the rug or a tape mark on the floor
- feet on the edge of a rug
- behind their desk

How will you use visual supports?

Make a 5 Senses Chart Print the 5 senses images to create a visual aide to...

- introduce each of the 5 senses before you begin your journey.
- chart all of the sensory details that you saw together on your journey, and that children imagined individually.

Use your 5 Senses Journey Map as a visual aide.

- **For the teacher-** Print it out to hold or project it on a smart board to help you remember the details and the order of the journey you have planned out.
- **For the kids**- Project it with kids who respond well to a visual agenda, so they can follow along during the journey.

How will you make the imaginary concrete?

You may have students who struggle with participating in a journey to an imaginary setting, either because they do not have enough prior knowledge or because they are working on being able to connect to abstract ideas. Here are some examples of ways to give students concrete experiences to refer to, before or during the 5-senses journey.

- Play a recording of bird sounds before a journey to a forest.
- Touch, smell & taste marshmallows before a camping trip journey.
- Use tape on the floor to represent something that the kids will have to jump over during the journey.
- Read a book and then taking a journey into the setting
- Show video or photographs of the setting before taking a journey