Steps to lead a...

5 Senses Journey

Timing
12-15 minutes

Space
Standing in a circle or in assigned spots with enough room to move safely

Additional supports
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1. Set up the game

Script (2 minutes)

- We are going to take a magic journey to the setting of_____ and explore it using our 5 senses. Sight, sound, touch, smell and taste. *(Option use 5 Senses images as a visual aid)*
- On this journey, we will move our bodies, but we will not move from our spots. Let's practice walking in place. Let's run in place. Let's sneak in place.
- On this journey, you can express what you are imagining through your movements and sounds, but we won't stop to talk about everything we imagine. We'll share once the journey is over.

2. Take on a role

Example Scripts (1 minute)

- We are artists looking for inspiration. Let's take our magic notebooks and pencils with us, so that we can make some sketches of anything beautiful or interesting that we see!
- We are detectives looking for clues in the abandoned house. Does everyone have their magic magnifying glass?
- We are scientists who want to learn as much as we can about volcanoes. We need to put on our magic protective gear, so that we don't get burned by the lava.
- The farmer is sick and needs help taking care of the farm! Are we all ready to help out?

3. Entrance ritual

Example Scripts (less than 1 minute)

- Take your magic pencil and start to draw in the air. Your pencil is drawing the garden!
- On the count of three we are going to jump into the volcano! 1-2-3 Juuuuuuuummmmmmp!
- Rub your hands together and make some magic dust. When you sprinkle the dust on your head it will transport you to the farm

continue...

5 Senses Journey

4. Explore the setting

Example Script (9 minutes)

Announce, describe, do and transition for each of the 3 elements you have chosen for your journey.

- **ANNOUNCE**- We are in a garden full of flowers.
- **DESCRIBE**- The flowers are bright pink and smell like cotton candy. When we pick them, we have to be very careful because they are very delicate and light.
- **DO-** Let's all pick a flower and smell it! Uh oh! They are making us sneeze! Ah Chooooooooooo!
- **TRANSITION**- Let's get away from these flowers so we can stop sneezing!

Spend about 3 minutes on each element of the setting, so that the entire journey takes less than 10 minutes.

See the 5 Senses Journey Support Tool for more examples.

5. Exit ritual

Examples Scripts (less than 1 minute)

- Let's use our magic eraser to erase the garden and get back to class!
- On the count of three we are going to jump out of the volcano! 1-2-3 Juuuuuuuummmmmmp!
- Rub your hands together and make some magic dust. When you sprinkle the dust on your head it will transport you back to class.

Tip for step 5

- Once you are "back in the class" lead the kids in a few deep breaths to come back into the space and reset.

Do after

Chart what the kids saw, heard, touched, tasted smelled on their journey. Use these 5 senses images to create a chart.