

<https://youtu.be/9nnzbXpB0cQ>



Materials needed: Sensory stimuli for all five senses, whiteboard, paper, pen/markers/ pencil crayons, music playback device (e.g. CD player or iPad), metronome, clock with a second hand, stuffed animals for students

#	Time	Theme	Activities	Learning
1	Pre-video	Introducing the five senses	A fun way to introduce the five senses is by facilitating a game, where teachers prepare stimuli for each sense (i.e. touch, taste, smell, sight and hearing) and have students describe the source of the sensory stimulus. For example, for touch, students could close their eyes and have to touch a rock, a piece of carpet and a pinecone. Students then would have to describe	

2	0:44	What do you do to relax?	<p>Teachers might here facilitate an all-group discussion about relaxation techniques.</p> <p>An interactive exercise could follow. Teachers might choose to act out or “try” as a class three of</p>	<p>A1.1 Identification and Management of Emotions</p> <p>A1.2 Stress Management and Coping</p>
3	1:43	What are the five senses?	<p>This prompt is an opportunity for teachers to springboard into a myriad of activities geared towards sensory awareness. These activities could be artistic, narrative, scientific, or combinations thereof.</p> <p>If teachers wish to further socio-emotional learning through sensory awareness, they can find other resources through the school social worker</p>	<p>A1.2 Stress Management and Coping</p> <p>A1.6 Critical and Creative Thinking</p>

4	2:11-2:36	<p>Relaxation Tip Number 1: Choose music that you enjoy</p>	<p>First, have students write down three pieces of music they enjoy that they find relaxing. For younger students, it can be helpful to have a list of songs to choose from if they can't remember the name of the song.</p> <p>Next, teachers can use this opportunity to talk about how music preferences impact our social interactions. Choose three songs and have the students rate them in order of preference. If half the group likes song choice A best and half the group likes song choice B best, then you can split into two groups. If there is a student who does not like any of the choices given, teachers might want to introduce the concept of compromise and cooperation in additional ways. Teachers can also remind students that this is a group exercise and they can use their own relaxation choices at home.</p> <p>Note: For teachers with classes that react strongly</p>	<p>A1.4 Healthy Relationships</p> <p>A1.5 Self-Awareness and Sense of Identity</p> <p>A1.6 Critical and Creative Thinking</p>
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5	2:41-3:51	Relaxation Tip Number 2: Choose music that isn't too fast	<p>Here we are introducing the idea of <i>entrainment</i> to students in a way that might be accessible. Entrainment is a neurological phenomenon, where brainwaves sync to external stimuli. Musical tempi can induce brainwave entrainment, which is the point we are making here. By choosing music that is about 60bpm, it is more likely to induce <i>alpha</i> brainwaves, which are optimal for a relaxed state of being.</p> <p>Teachers can have students return to their list of musical preferences and choose music that would be enjoyable to hear at a slower speed. You can play a second-hand or a metronome (at 60bpm) to help students understand what their song would sound like at this speed. Students can then highlight the best choice on the list to use for relaxation purposes.</p> <p>In a group setting, in order to teach the skill of identifying the pace of a</p>	A1.6 Critical and Creative Thinking
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6	4:07	Relaxation Tip Number 3: Test your musical choices to find a good match	In order to test the musical choices, it is easiest to achieve this by applying music to a relaxation routine in the classroom. For example, if there is an existing quiet time or reading time in the class schedule, it would be good to have students listen to the music that was chosen during this	
7	4:12	Generalizing relaxation tips to other situations	<p>Teachers can explore other sensory stimuli that the students find relaxing.</p> <p>Teachers can also take a trip outside to use nature sounds as the soundtrack to relaxation exercises.</p>	A1.6 Critical and Creative Thinking

8	4:51-	Relaxation Tip Number 3: Use A Breathing Exercise	<p>Step 1: Create a safe, comfortable space for students to lay down. Best is likely the floor on mats.</p> <p>Step 2: Have the students choose a stuffed animal to place on their diaphragm (below ribs and above belly button) to help them learn to breathe properly.</p> <p>Step 3: Elephant role-play. Smelling a flower through an elephant's trunk is teaching kids about long, slow breaths. The most effective breathing is achieved in through the nose and out through the mouth.</p> <p>Step 4: Combine all the</p>	A1.2 Stress Management and Coping
9	Post-video	Creating a relaxation ritual	Teachers can choose to continue the relaxation exercise at a given time of day, creating a ritual where students can count	