

Sight

TG.



Touch

TG.



Smell

TG.



Hearing

TG.

Use your sense of SIGHT to explore treasures from nature.

What sights capture your attention? What do you see that helps you feel calm and focused?

Tip: Keep an eye out for different colors, shapes, designs, and patterns as you look.

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Use your sense of TOUCH to explore treasures from nature.

What textures do you like? What textures do you dislike?

Which textures help you feel calm and focused?

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Use your sense of SMELL to explore treasures from nature.

What scents are you drawn to? What scents do you like? What scents do you dislike?

Which scents help you feel calm and focused?

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Use your sense of HEARING to explore treasures from nature.

What sounds do you notice? Does it help to close your eyes?

Which sounds help you feel calm and focused?

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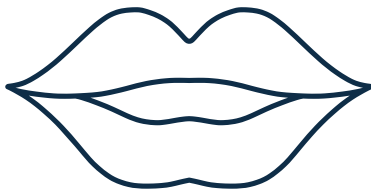
Proprioception

TG.



Vestibular

TG.



Taste

TG.

Pick up something heavy. Climb a tree. Crawl on the ground.
Stomp your feet.

How do you feel after you use your joints and muscles?

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Spin in a circle. Swing on a swing.
Move your head from side to side.
Hang your head upside down.

How do you feel after you change the position of your head?

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TASTE something that a grown up says is safe to taste.

How do you like it? What does it remind you of?
How do you feel when you taste it?

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