



**Inspired Instruction, LLC.
Standards Solution Holding**

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Sensory Challenge

These activities help us notice what is happening in the present moment—thoughts, emotions, sensations and surrounding environment.

Activity 1: Focus on the Breath

- Identify something specific to which students can focus their attention, such as the feeling of the air as it enters their nose, or the feeling of the air filling their lungs.
- You might say: “Breathe air into your lungs as deep as it will go. Hold that for one second at the top. Now, slowly — very slowly — exhale. Let’s do it again. This time, breathe in slowly counting to eight and see if you can exhale to eight. Next time, try a higher number.”
 - The purpose of this extreme, focused breathing is to get them to bring awareness to their breathing.
- After our breathing routine, ask the students why we do this. For example, they are the only ones responsible for their thinking and they have the ability to change their thinking. But that it takes awareness, practice (lots of practice), and focus.

Activity 2: Sensory Challenge

Supplies: timer, calming music

- Ask students to sit comfortably and close their eyes.
- Take a few deep breaths together and then offer the following prompts:
 - For 30 seconds, focus deeply on what you can hear, even the smallest noises.
 - For 30 seconds, focus deeply on what you can smell.
 - For 30 seconds, focus deeply on what you can feel.
 - Open your eyes and look up. For 30 seconds, focus deeply on what you can see.