

Body Awareness: *Sensations*



3rd Grade
Unit 1.3 Neuroscience
Lesson 4



Class Connect



Which of your five senses is most directly connect to memory and emotions?

1. Sight
2. Sound
3. Smell
4. Taste
5. Touch



Class Connect

And the answer is...

Smell!

Odors travel from your nose to your **Olfactory Bulb** which is directly next to, and connected to your **Amygdala** and **Hippocampus!**

Review

neuroscience

👏 neu·ro·sci·ence 👏

synonyms- brain science,
nervous system

antonyms - astronomy,
geology, mathematics

“flipping your lid”

👏 flip·ping · your · lid 👏

synonym-
fight/flight/freeze

antonym- calm, regulated



TODAY'S
LESSON

Body Awareness: Sensations



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Why are we learning this?

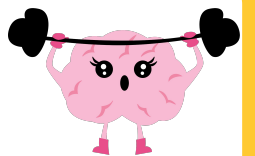
Regulation



Adaptability



Perseverance



definition

- awareness of how your body physically feels
- reaction to feeling, seeing, hearing, smelling, or experiencing something

sensation



synonyms-
awareness, feeling, response
antonym- numbness

examples

- feeling of cold wind on your face
- the taste of a sour lemon
- hearing sudden thunder



questions

- What is a **sensation** you have experienced when eating food?
- What is a **sensation** you may have when nervous?

non-examples

- not noticing background music
- thinking a joke is funny

definition

- mental or emotional unrest or strain
- activated muscle
- stress between two things

tension

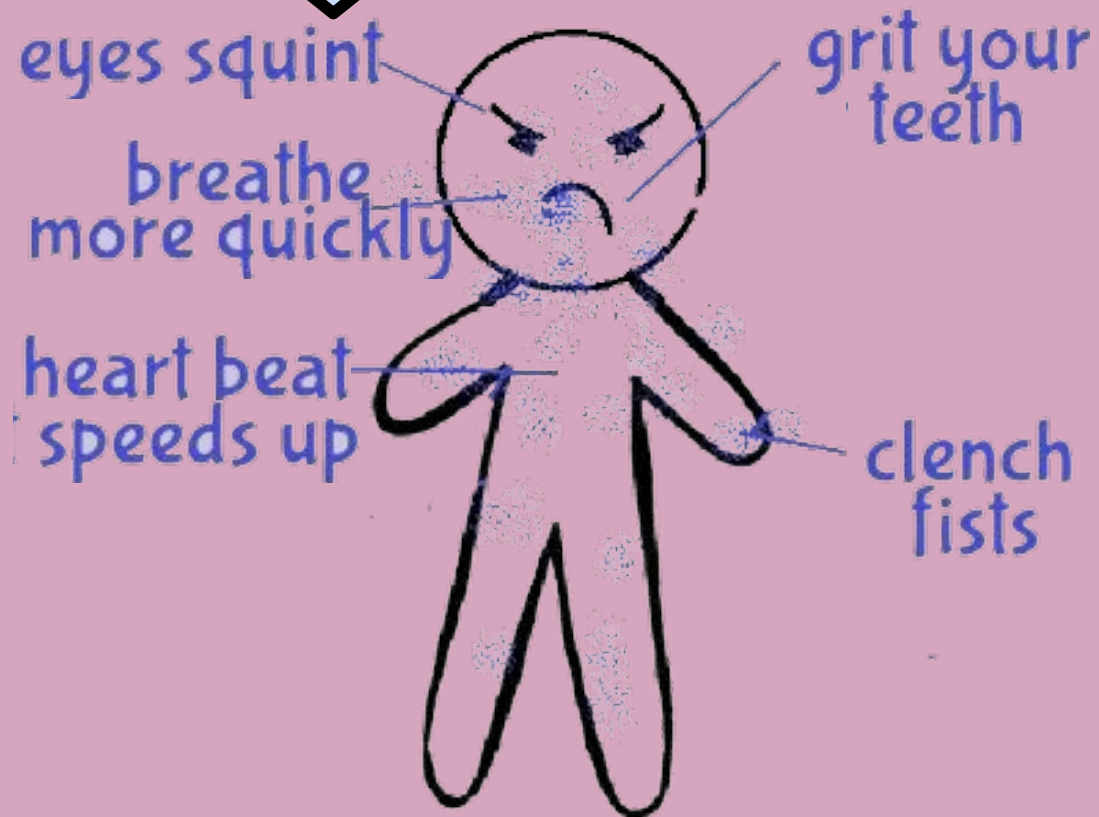


synonyms-
stressed, tight, stiff

antonyms-
relaxation, limp, calm

examples

- muscles flexed
- furrowed eyebrows



question

- What emotions may someone be feeling when there is **tension** in their body?

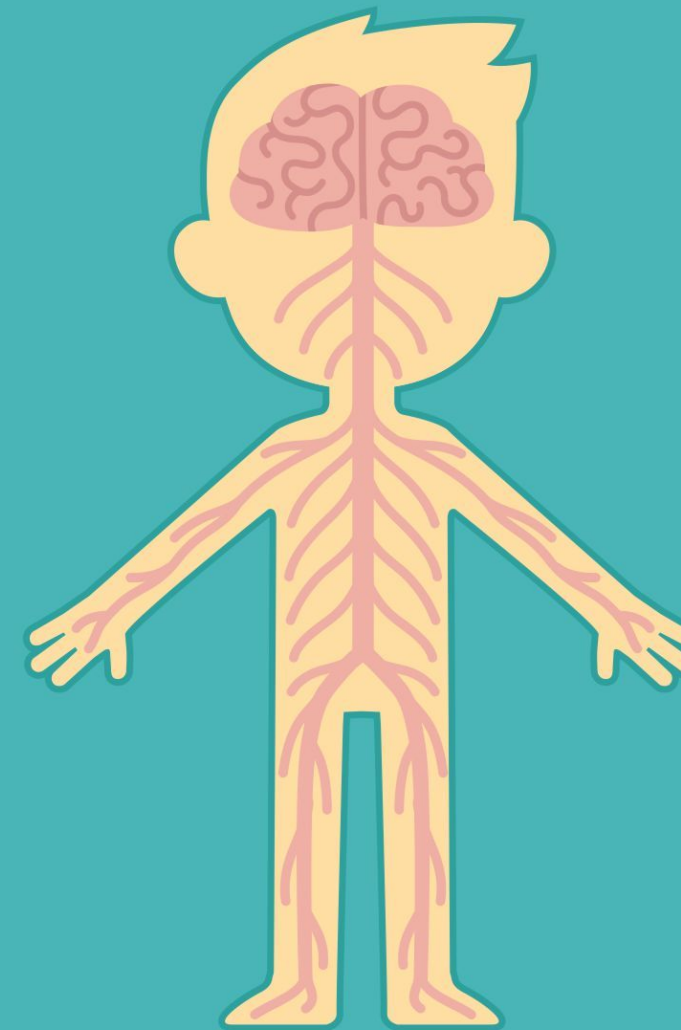
non-examples

- sleeping
- moving arms like spaghetti

Brain & Body Connection

Your brain sends signals to your body as a reaction to environment around you...

including your feelings!



Helping Kids Recognize Emotions and Express Feelings

MY BODY SENDS A SIGNAL



Happy

Proud

Scared

Angry

Sad



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Let's Discuss:

Sensations

- What were some of the emotions that he experienced?
 - How did he know?
 - What signals did his brain send?
 - Are some sensations the same for multiple emotions?
- Why is it important for us to learn how to identify these signals?

Movement Break



Activity Time

- Identify where in your body you receive signals for certain emotions and shade them in!
- Feel free to add more emotions and new colors if you finish early



Peace Out



Guardian Extension



Our body can experience a variety of sensations. Have some fun at home as a family exploring your five senses. Compare and contrast your sensations.

Taste:
Try crunchy,
smooth,
mushy,
liquid foods

Smell: Fruit, plants, soap, foods

Sound:
Music, nature,
weather, laughter,
musical
instruments

Sight: Art, sky,
land, pictures,
people, animals

Touch: Sandpaper, velvet, liquid, dirt, slime

Teacher Extension



Sensations Cards

- Have students draw a card and tell a feeling they would have if their body had that particular sensation
- Or tell a situation in which they may experience that sensation

Credits

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