



# OUR SENSES

## HOME (OFFICE) TRAINING FOR OUR SENSES

DIGITAL SPACE FOR CREATIVITY AND LEARNING

Senses connect all people with one another. Everywhere in the sky all of us can see the same stars, all of us know the noises of the blowing wind or the sweet taste of sugar. By using our senses we recognize our environment, the world around us. Senses are the connection between our inner world and the outer world. Experiences caused by our senses make the world more understandable and help to evaluate and accept things, people and their activities. With the help of this worksheet you can learn to appreciate your senses and to use them as tools for understanding the world in a better way..

Count all your senses:

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Sensual experiences are closely connected with emotions. If you smell a special flavour, you may remember a situation which is connected with it. If we feel good and warm in the moment we smell something, our brain keeps the scent together with this emotion. If we smell it again, the memory of that former moment will be back, and the emotion belonging to it as well. In this way, senses help us to bring memories back to life. Additionally, seeing has big influences on our social life. Everything we see is transformed and kept by our brain so that these influences get more and more connected to our prejudices and clichés. This means, for example, if somebody is afraid of dogs, his or her brain would also react anxiously with the fear it might bite him or her, even when an unremarkable dog comes along. Sensory perception forms the base of our experiences and evaluations. However, we should not forget to check and evaluate our impressions.

Do you know we could train our senses? On the backside of this worksheet you will find an interesting activity. It will help you to explore your own senses in a better way. One thing is quite important: Concentration. Exercise this activity in silence without any distractions and tell your friends and family about it. It might happen they will experience this activity in a totally different way than you did. Find it out.





# EXERCISE

## THE GUMMY BEAR TEST

A CHECK-UP FOR YOUR ATTENTION

1. Put the gummy bear into your hand. What is this ? A small, interesting thing is lying in front of you. Imagine, you would see a gummy bear for the first time in your life. What is typical of it? What's on your mind at that moment?



2. Look at the gummy bear more closely. How does it look in different shades of light? What colour is it? Look at all notches and humps and other forms which are eye-catching for you.

3. Touch it. How does it feel like ? What about its surface? Is it rough, smooth or even sticky? Can you squeeze it a bit ? Does it keep its shape? In order to intensify this, you should close your eyes.

4. Smell the scent of the gummy bear. Sniff at it. Which flavour can you experience? Would you like to eat it ? Don't do it. Not yet. Just recognize, what you smell.

5. Taste it. Put the gummy bear into your mouth between your lips. What happens ? Now, let the gummy bear slide slowly along your tongue. Taste it by moving the gummy bear forth and back.

6. Bite on it. Bite on it very attentively. What do you experience? Is it easy or difficult to chew it? How does the taste change in your mouth?

7. Swallow it. If you feel to swallow the gummy bear, don't do it immediately but wait. Just after a short while you should do it. Do you feel the move of your gullet towards your stomach?

8. Reflections/review: How does it feel now that you have swallowed the gummy bear? Are you disappointed or do you want to taste another one ? Did you like it to eat the gummy bear in this attentive way ? Have you experienced something unexpected? Will you be more attentive in the future when you eat something?



(If no gummy bear is at hand, take a nut, a raisin, a piece of fruit or something similar)

