**Touch, Smell, Hear, See, Taste** *Adapted from an assembly by Ronni Lamont*

**Preparation and materials**

* Find a quiet grassy area
* Set up the sensory stations as follows

– *Station 1: touch* A container (possibly a metal bowl or tray) with water, a pile of paper towels and a bin for disposal of used towels. A supply of water.

– *Station 2: smell* Some scented sticks, such as incense sticks, and something safe to place them in. They need to be lit and blown out before children go near them so only the scent rises from them and there is no danger of burns.

– *Station 3: hearing* A small pile of pebbles, placed in a dish, and a (metal) jug to hold water, plus a supply of more water. Place the dish so that the water can overflow on to the ground.

– *Station 4: taste* Some small pieces of bread, ideally tiny ‘dough ball’-sized rolls, so each child can eat a separate roll.

– *Station 5: sight (inside)*gather images of nature to show. Light a candle and choose some quiet, soothing music (maybe Enya or similar?). A potted plant would be good here but is not essential.
* You will need a length of string or twine and strips of fabric, rectangular in shape, that can be tied around the twine or string to form a prayer or thought line.
* Have available some tracks by Enya or other soothing, repetitive music
1. Encourage each child to experience the first four stations, in any order – let the children choose where they go and when – and, preferably, in silence (if they can) or being very thoughtful.

– *Station 1: touch* Slowly pour water over one of your hands, then the other. What does this feel like?
– *Station 2: smell* Close your eyes and breathe in the scent of the incense stick. What images come to mind?
– *Station 3: hearing* Pour some water over the pebbles, at whatever rate you want. Listen. What does the sound make you think about?
– *Station 4: taste* Slowly eat one of the rolls, with your eyes closed, and think about the taste.
2. *Station 5: sight* When the children have experienced all four outside stations, taking as long as they want, they come back inside. They can choose whether to look at the images, candle or plant or close their eyes and think about what they have experienced so far, listening to the music.

**Time for reflection**

Allow the children plenty of time to sit in quiet, with the images, candle and plant to look at and the music to listen to.

When they are ready to ‘come back’, show them the strips of cloth. If they have a thought or feeling that they want to hold on to, then they can tie a strip of cloth around the string or twine to represent that thought or feeling. If they have a specific thought that is more like a prayer, then they can tie a strip of cloth in the same way to represent that thought or prayer.

When the children have each tied their strips (some may choose not to and that is fine), they may share what their cloth strip represents.

When stillness returns, ask the children to close their eyes for a few more moments of silence.

To mark the close of the assembly, just say ‘thank you’.

Later in the day, hang the thought or prayer line up somewhere.