**x.1 Enjoyment makes sense**

**Language Focus:** stating preferences

**Positive Psychology Focus:** Remember good things

**Age:** any

**Level:** Beginner – Elementary – Intermediate

**Time:** 10-20 minutes

**Preparation:** Make a copy of box x.1 for each student, a clock or watch or other way to keep time.

***Procedure***

1. Ask the students if they can name the 5 senses in English. They are *seeing, hearing, touch, taste and smell*. Ask the students for examples of a few things they love to see, hear, etc.

2. Give out the tasksheets, box. x.1. Point out the examples sentences.

3. Tell the students they will write things that they enjoy for each sense. They will have exactly one minute for each sense. Begin with tastes they enjoy. Tell them when the time starts and ends.

4. Continue with the other four senses.

5. Students work in groups of 2-4. They compare answers, give examples, talk about partners’ comments, etc. Encourage them to ask questions about their partners’ ideas.

6. When they finish, have each person talk about something they really like doing. They should try to describe it using all five senses.

6. (Optional) If students were working in pairs, have them change partners and do the activity again with a new partner.

Variation

1. To do this as a game, have students give themselves one point each time their answers match a partners’. There are two winners: The student with the most points has the most universal views. The student with the fewest points has the most original views.

Paper-light option:

Copy the example sentences on the board – or elicit similar sentences from the students. Write them. Then student do the task in their notebooks.

Follow-up

If practical, take a walk – ideally outside – with the class. Ask them to notice things for each sense. Then talk about what they notice. If it isn’t practical to walk together, encourage them to do so on their own, trying to describe the sense experience in English. Note they may be talking silently to themselves for this, but that is still a good way to practice English.

Notes

You’ll probably want the common names for the senses, rather than the technical names: visual, auditory, haptic (tactile + kinesthetic), gustatory, olfactory.

**Box x.x 1 Enjoyment makes sense**

***People have five senses:***

***taste, smell, touch, hearing & sight***

stopwatche.g., hand touching other armsual.I love the taste of hot chocolate on a cold day. Me, too.

What smells do you like? The smell of fresh baked bread.

I enjoy the feeling of my cat’s fur. That’s nice.

A sound I like? Children laughing. Great.

Seeing a rainbow is special. I think so, too.

**Time limit**

One minute for

each sense.

Art: stopwatch

What do you enjoy?

Write things for each sense.

Art: Mouth

**tastes** you enjoy

Art: nose



good **smells**

you love the **touch**

Art: touching (e.g., hand touching other arm



great **sounds**

Art: ear

Art: eye

wonderful **sights**

Work in groups of 2-3. Compare answers.

Ask more questions: *When…Where…Who…What…Why...How…*

Think of something you enjoy doing.

Tell your partner about it.

Talk about all the senses.

Language focus: Habitual present, describing things

Positive psychology focus: noticing positive emotions (savoring), mindfulness

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