

SENSORY STATION GUIDE

Mm

The “M” Elements

Letterforms: Mm

Sign Language: M, MUSIC

Colors: Magenta, Mango, Midnight Blue, Mint, Moss, Maple, Mocha, Mustard

Trait Tracker: Mindful

Planter: Marigold / Mint / Muscadine

Ground Plants: Maple Trees

Equine: Miniature, Mule, Mustang

Visual: Magenta Suncatchers, Monkeys, Mushrooms, M&Ms

Every Sensory Station also features a human first aid kit, equine first aid kit, hitching post, planter and storage barn. Every two stations share a mounting block.

The “M” Experience

Measure: MEASURE how tall you are... how tall does your horse MEASURE in hands?

Math: practice MATH and MEASURING using the colored tree rings...

...can you find the MEAN, MEDIAN and MODE?

Music: play some MUSIC using the outdoor instruments

Mirrors: explore your reflection in the MIRRORS

Mess: make a MESS in the MUD KITCHEN and learn about liquid MEASURE

Magnify: what do things look like through the MAGNIFYING GLASS?

Money: learn about MONEY on the MAGNET board

Magnets: what makes something MAGNETIC?

Mindful: how can you practice being MINDFUL?

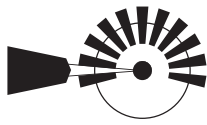
Mushrooms: Sit in the MUSHROOM garden – how many are there?

M&Ms: How many M&Ms are there? How are they like or different from the candies?

M: Does your name start with the letter M?

M: what other things or ideas can you think of that start with M?

M continued...



SENSORY STATION GUIDE

Mm

“M” Actions -and- Take-aways

{Users are prompted through their Field Journals or Teacher Packets}

Service Projects:

- Make a card or picture to give to a senior citizen or an elderly neighbor.
- Make a placemat for the Meals on Wheels program which delivers hot meals to elderly citizens at their homes.
- Make a no-sew fleece blanket for a child in need through Project Linus
- Mentor someone at school who may be facing a challenging situation.

Writing Prompts:

- What does it mean to you to be “mindful”? How can being mindful help you?
- Make a case for why music education should remain in schools for all ages.

Creative Project:

- Make a Mess in the Mud Kitchen
- Make your own M&M and add it to our collection

TRAIT TRACKER: MINDFUL / MINDFULNESS

Our definition:

Being fully aware of your thoughts, feelings, and environment around you in the present moment, with complete acceptance, kindness, and curiosity.