

Sensation Charades

PURPOSE

This is an activity that can be used to practice identifying and naming sensations in a playful way. It can be used to explore and deepen body awareness, to learn to notice

the immediate experience of sensation, and as a stepping-stone skill toward discerning among sensations, emotions, thoughts, and behaviours.

INSTRUCTIONS

With a partner, each person will take a turn describing sensations, while the other person tries to guess what item or situation the person is referring to. It is more important that the person describing sensations is accurately reflecting their own experience, regardless of whether the other person can guess accurately or not. It can be fun to compare what the description evokes for each person. Rather than guessing, each person can just take turns practicing identifying sensations.

Choose a word card and take a few moments to imagine and visualize this item in your mind. Really fill in the details, allowing your

imagination to shape it in whatever way makes the most sense to you. Use your senses to help you: what do you imagine you hear, see, smell, taste, and feel (with your sense of touch)?

Using only descriptions of sensations, describe your word (without using the actual word) to your partner. Try not to get too abstract by using metaphors or memories, just describe the sensations (taste, touch, inside feeling, quality of sound or smell). You can use a list of common sensation words to help with this. Use some of the phrases below to help you describe sensations.



When I touch it, my fingers feel...



When I visualize it, I can feel or sense _____ in my belly (or chest, or hands, or arms).



When I smell it, my nose feels or senses...



When I imagine hearing it, the rest of my body responds by...



When I taste it, my tongue and mouth feel...

Sensation Charades

Cotton ball

Campfire smoke

**Toes pinched in
too small shoes**

Chicken soup

A candied apple

**Waking up from
a good sleep**

Sandpaper

Ginger ale

Ice skating

Black licorice

Snowflake

**Holding a
freshly caught
fish in your hands**