

**SPARKS**

Students will identify their favorite sensory memories and transfer them to a visual heart map.

# Sensory Heart Mapping

by 826 National

GRADES 1–5

**TYPE**

NARRATIVE  
POETRY

**WHAT YOUR STUDENTS WILL LEARN**

Your students will practice connecting the five senses to their favorite things or experiences.

**WHAT YOU WILL DO**

Sensory mapping can be a useful tool for sparking authentic writing in any genre. This Spark is inspired by Georgia Heard’s Heart Mapping activity, which can be found in *Awakening the Heart: Exploring Poetry in Elementary and Middle School*.

First, pass out Page 1 of the [Sensory Heart Mapping — Handout](#) so students can brainstorm their favorite sights, sounds, etc.

*Adaptation Notes: Younger writers can draw simple pictures, instead of writing. English Language Learners can also be encouraged to use their home language.*

After students have finished brainstorming, they can use Page 2 of the “Sensory Heart Mapping—Handout” to complete their map. Encourage students to get creative when designing their maps. They can use colored pencils or markers to color-code their memories—or, maybe your students associate their senses with shapes! Students will also create a map key, so however

they want to represent themselves on their map works here.

If there's time, students can share a few of their favorite memories.

## **MATERIALS**

- Sensory Heart Mapping—Handout
- Crayons, markers, colored pencils (optional)