

Five Senses

Each of the five senses can be used to observe the environment. As you and your child explore these activities together, talk about how we learn by using our senses.

I See It

Hide a small object somewhere in the room. Put it where it can be seen without moving any other objects in the room. Have your child look around the room for it while you give hints by saying “warmer” as he gets closer to the object, and “colder” as he gets farther away. When your child finds the hidden object, emphasize that he used the senses of sight and hearing to find the object.

What’s in the Bag?

Put an object, such as a pine cone, rock, twig, or ice cube, into a bag. Have your child reach in and feel the object. Without looking, see if he can figure out what is in the bag. Try this activity with a variety of objects, increasing the level of difficulty as you go. Try switching places and guessing the objects that your child places in the bag.

Sound Exploration

Take a walk and listen for different sounds. Talk about the sounds together. Are they loud? Are they soft? Are they high? Are they low? You can also do this activity focusing on touch, smell, or sight.

Taste Test

Fill three cups with different kinds of fruit juices and one cup with water. Put straws in each cup. Have your child taste each liquid, and then blindfold your child and have him taste each liquid while holding his nose. Do the liquids taste the same? Talk about how our senses of smell and taste are related.

Books to Read

Here are some books you may want to read together:

Look, Listen, Taste, Touch and Smell by Pamela Hill Nettleton

The Magic School Bus Explores the Senses by Joanna Cole

The 5 Senses by Nuria Roca

You Can’t Taste a Pickle with Your Ear by Harriet Ziefert

Fun With My 5 Senses by Sarah Williamson