



# The World Around Us

Learn and explore using your five 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 they get closer to the object, and “colder” as they get farther away. When your child finds the hidden object, explain that they used the senses of sight and hearing to find the object.

## What’s in the Bag?

Put an object, such as a pinecone, rock, twig, or ice cube, into a bag. Have your child reach in and feel the object. Without looking, see if they 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.

## Sensory Walk

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. Then blindfold your child and have them taste each liquid while holding their nose. Do the liquids taste the same? Talk about how our senses of smell and taste are related.

You can find these Waterford.org books and practice pages—and many more—in the **Resources & Activities** tab at [mentor.waterford.org](https://mentor.waterford.org).

## Read

Take a trip to the library or find books online. Look for books about the senses that you and your child can read together. Here are some books to consider:

- *My Five Senses* by Aliko
- *City Noise* by Karla Kuskin

## Waterford Books

You can find this book about senses in the **Resources & Activities** tab at [mentor.waterford.org](https://mentor.waterford.org).

- *I Wish I Had Ears Like a Bat* by Shelly Hurst Lonni

