Exploring Your Five Senses

Your 5 senses are an important way you explore the world. Humans see with their eyes, hear with their ears, smell with their noses, taste with their tongues, and feel with their skin.

Take a Sensory Walk
Focus on your senses as you take a walk around your neighborhood. Ask your student to write down or talk about the things that they see, smell, hear, and feel. How does the world look different as the seasons change? What animals do you hear or see? How does the wind and sun feel?

Create Your Own Feely Box
Your student will need another family member or grown up to help with this activity. The student’s job is to try to identify a “mystery” object by only using their sense of touch.

Materials:
- An empty box with a hole cut in the top - an empty tissue box works well or you can tape a box closed and cut a hole in it. The hole should be big enough to fit your hand through.
- A “mystery” object. This object should fit inside of the box and be something that the student does not know what it is.
- A blindfold (optional)

Try This:
1. Blindfold the student (or have them close their eyes) so that they cannot see. No peeking!
2. The grown up or other family member should put the mystery object inside the box.
3. Ask your student to reach into the box and try to guess what the mystery object is using only their sense of touch.

Questions to Ask your Student:
- What words can you use to use to describe how the mystery object feels?
- What features can you use to help you identify what the mystery object is? (ex. weight, texture).
- Can you tell what color or pattern something is just by using your sense of touch?
- Imagine what the world would be like if you did not have your sense of touch.

Want to Know More:
The sense of touch is one of our five senses. Our skin has very small nerve endings that send information to our brains. When we touch something our nerve endings let our brains know. There are 4 main feelings that our bodies can identify: cold, heat, contact, and pain. Our sense of touch is important because it lets us know if we hurt ourselves, if we reached the next step on the staircase, or if our hot chocolate is too hot! It would be hard to walk if we couldn’t feel our feet hit the ground.