

# THE FIVE SENSES

## Lesson

Our five senses are beneficial in many ways: they help us determine what we like and dislike, they help us stay safe, etc. Now is a great time to give your child meaning to what they have been doing naturally. Our eyes give us sight to see the world around us. Our ears allow us to hear the different sounds people and things make. Our hands and other body parts permit us to feel. Our tongues allow us to taste different flavors. Finally, we use our noses to smell.



## Outing

Go for a walk and allow your child to see, hear, smell, and touch the beautiful things nature has to offer. Have them describe what they see, hear, smell, and touch.

## Arts & Crafts

Materials: Magazines, scissors, glue, and a paper plate.

Go through a magazine with your child and cut out different food items that your child likes and glue them on a paper plate. You can even get it laminated and use it as a place mat.

## Lunch Time

Have something already prepared to eat and have your child guess what it is only with the help of their nose. Some “smelly” suggestions include, grilled cheese, tuna sandwich, and pizza.



## Music Time

March to the Beat of a Drum:  
You can beat on a drum/table slow and then fast. Using their ears to hear, your child must step according to the beat.



## Reading Time

- Smell (The Five Senses), by Jose M. Parramon, Maria Rius, J. J. Puig
- David Smells!: A Diaper David Book, by David Shannon
- Taste (The Five Senses), by Parramon M. Parramon, Maria Rius, J. J. Puig

