OUR FIVE SENSES

WEEK 6 • DAY 1
### Greeting

**ACTIVITY**
Good morning! Ask your child about what he or she saw when he or she first opened his or her eyes and what did he or she smell. Did your child hear any noises? Explain that these are our senses.

**LEARNING SKILLS**
Science, biology, interpretation of data

**MATERIALS**
N/A

### Morning Meeting

**ACTIVITY**
Talk about the plan for the day. Talk about the five senses (tasting, seeing, smelling, touching, hearing) and why they are so important to us. Remember to make time for fun things you and your child would like to do. Write it on your plan.

**LEARNING SKILLS**
Reflection, planning, organization, biology

**MATERIALS**
Daily chart, paper and pencils or markers

### Transition

**ACTIVITY**
Play a quick game of I Spy with a twist. Make the clues about the five senses, such as I spy something that tastes sour or I spy something that sounds loud.

**LEARNING SKILLS**
Critical thinking, biology

**MATERIALS**
N/A
### Pre-Exploration

**Activity**
Talk about the sense of touch. Why is touch so special? Explain how we can use our sense of touch to identify things we can’t see.

**Learning Skills**
Integration of knowledge

**Materials**
N/A

### Purposeful Exploration

**Activity**
Have your child make a few feely bags. Your child can gather the materials, make the bags and place two or three things in each bag. Once finished, your child can test each family member. Inserting one hand into the bag, each family member will feel the items and guess what each item is. How many guesses did each family member make? Who guessed correctly? Now, mix up the contents of the bags and have your children guess what each item is.

**Learning Skills**
Scientific exploration, data collection, perspective taking

**Materials**
Paper or cloth bags, small household items

### Post-Exploration

**Activity**
Talk about the contents of the bags and about how the items felt. Talk about which family members guessed the contents in the bag and the number of guesses.

**Learning Skills**
Communication, working memory

**Materials**
N/A
## MEALTIME

### ACTIVITY
While you are having lunch today play a game of five senses. Give your child the name of an action, such as eating a sandwich, making some soup or brushing your teeth and ask your child to say how it affects the five senses.

### LEARNING SKILLS
Interpreting data

### MATERIALS
N/A

## TRANSITION

### ACTIVITY
Make a chart of items in the house or outside the house that make a sound on one side and don’t make sounds on the other side. How could they all make a sound on both sides?

### LEARNING SKILLS
Writing skills, making comparisons

### MATERIALS
Paper and marker or pencil

## LEARNING LAB

### ACTIVITY
The sense of touch can help your child create art. Assist your child to put corn syrup and drops of food coloring in a tightly sealed plastic bag to create squishy designs. Your child can make designs using fingers to mix colors and paint. The results are beautiful art and lots of giggles. Next, ask your child to create art with his or her eyes closed. How did the designs change? Take pictures of the images and then do it all again.

### LEARNING SKILLS
Creativity, fine motor skills, understanding textures

### MATERIALS
Plastic baggies, corn syrup, food coloring, smart phone or tablet
### OUTSIDE TIME

**ACTIVITY**

Take a “Listening Walk,” and focus not just on hearing, but really listening to the sounds that you hear. Go outside and either lie down or sit down for a minute or more with the goal of quieting bodies, breathing and starting to turn up the awareness of the orchestra of sounds going on around you. You can extend the activity back inside by having your children write or draw about the sounds they heard.

**LEARNING SKILLS**

Listening skills, biology, data collection, interpretation, scientific exploration

**MATERIALS**

Full description from Tinkergarten, paper and pencil or pen

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### REST TIME

**ACTIVITY**

Time to relax. Establish a routine before naps that supports your children in calming their bodies and settling their minds.

**LEARNING SKILLS**

N/A

**MATERIALS**

N/A

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### TRANSITION

**ACTIVITY**

Make some popcorn as an afternoon snack. Ask your child how popcorn effects each of the five senses, or you can try puffed corn as an alternative.

**LEARNING SKILLS**

Biology, Interpretation of data, integration of knowledge

**MATERIALS**

Popcorn or a puffed corn snack
### CHILD’S CHOICE

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>This may be a good time to do the one thing your child wanted to do today. You can also do this activity anytime during the day.</th>
</tr>
</thead>
<tbody>
<tr>
<td>LEARNING SKILLS</td>
<td>N/A</td>
</tr>
<tr>
<td>MATERIALS</td>
<td>N/A</td>
</tr>
</tbody>
</table>