

# Super Senses Adventure!

## Materials Needed:

- Blindfold (or scarf)
- Various small objects with different textures (e.g., cotton ball, sandpaper square, smooth stone, piece of fur/velvet, small toy block)
- A small bag or box (for 'mystery touch' items)
- Small containers with distinct smelling items (e.g., cinnamon stick, lemon wedge, coffee grounds, soap shaving, flower petal) - ensure they are non-irritating
- Small containers with different sound-making items (e.g., bells, coins in a jar, rice in a container, key jingle)
- Small, safe food items for tasting (ensure no allergies): something sweet (like a raisin or tiny piece of fruit), something salty (like a pretzel or cracker), something sour (like a tiny drop of diluted lemon juice on a spoon), something plain (like a piece of bread)
- Cup of water for rinsing mouth between tastes
- Paper
- Crayons or markers

## Introduction (5 minutes)

Ask the student: "How do we know what's happening around us? How do we learn about new things?" Explain that our bodies have amazing tools called 'senses' that help us explore. "Today, we're going on a Super Senses Adventure to learn about five special tools! Can you guess what they might be?" Briefly introduce sight, hearing, smell, taste, and touch.

## Exploring Our Senses (30-40 minutes)

Go through each sense one by one:

### 1. Sight (Eyes)

"What part of our body helps us see? Our eyes! Let's use our sight." Play a quick game of 'I Spy' in the room. Ask the student to describe the colors, shapes, and sizes of things they see. Discuss how sight keeps us safe (seeing obstacles) and helps us learn (reading books, seeing pictures).

### 2. Hearing (Ears)

"Which body part helps us hear? Our ears!" Have the student close their eyes. Make different sounds (clap, snap, tap a pencil, jingle keys). Can they guess the sound? Use the pre-prepared sound containers if desired. Discuss how hearing helps us (listening to music, hearing warnings, talking with people).

### 3. Smell (Nose)

"What do we use to smell? Our nose!" Use the mystery smell containers. Have the student close their eyes (or use the blindfold) and gently waft one container near their nose. Can they guess the smell? Describe it (sweet, strong, nice?). Discuss how smell helps us (enjoying food, smelling flowers, detecting smoke/danger).

#### **4. Touch (Skin/Hands)**

"How do we feel things? With our skin, especially on our hands!" Use the texture bag/box. Have the student close their eyes (or use the blindfold) and reach in to feel one object at a time. Ask them to describe the texture (soft, hard, rough, smooth, bumpy, cold, warm?). Discuss how touch helps us (feeling textures, sensing temperature, petting animals).

#### **5. Taste (Tongue/Mouth)**

"Our last sense is taste! What part helps us taste? Our tongue!" Carefully conduct the taste test (remind the student to only taste things adults say are safe). Offer tiny samples of the prepared items one at a time, with water in between. Ask them to describe the taste (sweet, salty, sour?). Discuss how taste helps us enjoy food and identify things that might be spoiled.

#### **Wrap-up & Review (10 minutes)**

Ask: "Which sense was the most fun to explore today? Why?" Review the five senses and point to the body part used for each. Give the student paper and crayons/markers. Ask them to draw a picture of themselves using one of their senses to explore something (e.g., smelling a flower, tasting an apple, seeing a rainbow, hearing music, feeling a pet).

#### **Optional Extension**

Go on a 'Senses Walk' either outside or just around the house. Encourage the student to point out things they see, hear, smell, and (safely) touch. Talk about how all the senses work together.