

Objective

By the end of this lesson, the student will be able to identify and describe the five senses (sight, hearing, touch, taste, and smell) and understand how they help us explore the world around us.

Materials and Prep

- No special materials are needed; just your senses!
- Be prepared to explore different environments: indoors, outdoors, and even in the kitchen!
- Encourage curiosity and a willingness to share observations.

Activities

- **Sensory Walk:**

Go for a walk outside and pay attention to what you can see, hear, smell, and feel. Ask the student to point out different things they notice, like the colors of flowers or the sound of birds.

- **Taste Test:**

In the kitchen, gather some safe foods (like fruits or snacks). Have the student close their eyes while tasting each item and describing the flavors. Is it sweet, sour, or crunchy?

- **Sound Hunt:**

Close your eyes and listen carefully. Take turns naming the sounds you hear around the house or outside. Is it a car, a dog barking, or the wind blowing?

- **Touch Box:**

Find different textures around the house (like a soft blanket, a rough stone, or a smooth toy). The student can close their eyes and guess what each item is by feeling it.

- **Smell Jars:**

Use different items with distinct smells (like spices, fruits, or flowers). Have the student smell each one and guess what it is. Talk about whether they like the smell or not!

Talking Points

- "What do you think our senses are? They help us learn about the world!"
- "Can you name the five senses? Let's say them together: sight, hearing, touch, taste, and smell!"
- "How does your nose help you? It lets you smell yummy food or flowers!"
- "Why do you think we use our ears? They help us listen to music and hear our friends!"
- "Isn't it fun to explore with our senses? They make everything more exciting!"