Senses

Sight

I Spy
Choose a person to go first. This person chooses an item and keeps it a secret from the other players. After choosing an item, this person says, “I spy with my own little eye and it’s _____ (state the color, shape, or other detail about the item).” Other players guess the item based on the hint given. When the correct item is guessed, the next person gets a turn to choose an item.

Memory Game
Gather random objects from around the house. Use fewer objects for younger children and more objects for older children. Place the objects on the table, a tray, or a cookie sheet. Study the objects for 30 seconds. Cover up the tray with a napkin or cloth. Have players list as many things as possible.

Easier Version
Have the children study the objects for 10 seconds. Ask them to close their eyes or leave the room. Remove only one object from the tray. Ask the children to open their eyes. Can they guess what is missing?

Hearing

Sound Game
Blindfold your child then make a noise with something in your house. (ie. jingle your keys, zip a coat, bounce a ball, open a drawer, etc. Have your child guess what made the sound. Let them have a turn to make a sound while you are blindfolded. Sounds can also be found online. Google sound clips.

Water Xylophone
Use five glass drinking glasses (vases would also work) that are alike and fill them with different amounts of water. Use a spoon to tap the side of the glass and discover the different sound that are produced. Use your ears to put them in order from high to low. Try to play a song or make up your own.

Mystery Sound Shakers
Fill similar containers (that you can’t see through) with a variety of items and have your child guess what is inside. You could use plastic storage containers, sippy cups, or plastic Easter eggs and fill with coins, rice, dirt, marbles, etc.
Touch

**Touch and Guess**
Blindfold your child. Select several items from around the house. While blindfolded, place one item at a time in your child’s hand. While feeling the item, have him/her use words to describe the item (ex. bumpy, soft, slimy, etc.). Let them guess the item. Next, put socks on your child’s hands and try again with the same items. Discuss the difference between the two experiences.

*Sensory Experiences*
Provide a variety of items for children to explore. Place the items on a cookie sheet or in a large plastic storage container. Use things like shaving cream, cold cooked spaghetti or other noodles (add a little oil so they don’t stick together), uncooked rice or beans, marbles, etc. Fill the kitchen sink with soapy water and let children play in the bubbles.

Smell

**Guess the Smell Game**
Collect spices and other items you have on hand. Blindfold your child. Take turns having your child smell and item and guess what it might be. Suggestions are cinnamon, lemon juice, toothpaste, sunscreen, soap, coffee, garlic, onion, pickles, etc.

Taste

**Taste Game**
Try to find foods around the house for these four common tastes:
- Salty – pretzels, chips
- Sour – lemon, pickles
- Bitter – unsweetened cocoa powder,
- Sweet – sugar, candy

**Cook Together**
Use this time to teach your child to cook. Even the pickiest eaters seem to be more willing to try foods they have helped prepare. It’s not a promise but it’s worth a try.

Project (in packet)
Use the items in the white envelope to make a senses book. Have your child match the sense with the item and tape to the page. Here are the answers:
- Eyes - mirror paper
- Ears – bubble wrap
- Nose – flowers
- Hands – sand paper & feather
- Tongue - sucker