

# Sensory Exploration- February 2019

## SOCIAL

### **Read a Book about the 5 senses**

**Target:** sharing ideas

### **5 Senses Discussion**

Ask the children if they know what the 5 senses are? What body parts do we use for our 5 senses?

**Target:** peer interaction

### **Scent Hunt Game**

<https://www.prekinders.com/5-senses-scent-hunt-game/>

**Target:** teamwork

### **Noise Game**

**Materials:** Something that makes noise (shaker, bell, tambourine etc.) **Description:** Give one child the noise maker and have them go and hide. When the child is hidden, instruct the child to start to make some noise. The other children are then to follow the sound of the noise to find the child. The child who finds the hidden child is next to get to hide. **Target:** Taking turns

### **Rice Krispies Experiment**

**Materials:** rice krispies, milk, spoon and a bowl. **Description:** Rice Krispies are great for children to learn about all 5 of their senses. Put out a bowl full of rice krispies, some glass of milk and a bowl and spoon for each child.

Have the children put some Rice Krispies in their bowl. Ask them what they look like (small, tan etc.). Ask what part of their body they used to see.

Next, put a few of the Rice Krispies in each child's hand and explain to you what they feel like? (light, hard etc.). Ask the children what part of their body they used to feel the cereal.

After that, the children can smell the Rice Krispies. Have the children tell you how they smell and what part of their body they use to smell.

Have the children pour some milk on the cereal and have the children listen to the sound they make. Ask your children what part of their body they use to listen.

Last have your children taste the cereal. Your children can tell you what they taste like and what part of their body they use to taste.

You could use many other foods to do this activity with also.

**Target:** sharing ideas

## PHYSICAL

### ***Fine Motor***

#### **Make Slime**

Ingredients 3 - 4 fl . oz. bottles Elmer's White School Glue 1½ TBSP baking soda 3 TBSP contact lens solution Food coloring (your choice) 1 Mix together entire contents of (3) 4 fl . oz. bottles Elmer's White School Glue and 1½ TBSP baking soda in a bowl. 2 Add desired amount of food coloring, then add 3 TBSP contact lens solution and mix until slime begins to form. 3 Take slime out of bowl and begin kneading with both hands. If needed, add ¼ TBSP contact lens solution to make slime less sticky. **Target:** finger manipulation

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## **Smelly Art**

Mix one part water to two parts Jell-O and have the children paint with fruity smelling water colors. **Target:** eye hand coordination

## **Scratch and Sniff Watercolor Paintings**

Mix Kool-Aid with water (about two tablespoons). Then let the children paint with the mixture. After the paintings dry you have great scratch and sniff pictures. Warning: Kool-Aid can stain clothes, tables, and floors. **Target:** eye hand coordination

## **Smelly Playdough**

### **Ingredients**

- 1 cup of flour (whatever kind you have on hand)
- ¼ cup of salt
- ½ cup of water
- 3 to 5 drops of natural food coloring
- Add different ingredients to make it smell- cinnamon, vanilla, coffee beans, pumpkin pie spice etc.

### **Instructions**

1. Mix together the flour and the salt.
2. Mix together ½ cup of warm water with a few drops of food coloring.
3. Slowly pour the water into the flour mixture, stirring as you pour. Stir until combined, and then knead with your hands until the flour is completely absorbed. If the dough is too sticky, add more flour until it doesn't stick at all. **Target:** grasping

## **Gross Motor**

### **Sound Walk**

Take a walk with the children around the neighborhood, outside, or anywhere with a variety of sounds. Record the sounds that you hear on your phone. When you get back to the day home have the children mimic the sounds that they heard and see if they can recognize the sound.

**Target:** large muscle coordination (balance)

### **Feet Paint:**

**materials:** finger-paints, paper, paint brushes, tape

**Description:** Tape a large piece of paper to the ground. Have the children take off their shoes and explain to them that they can feel things with their feet, not just their hands. Paint the bottom of the children feet (ask them how it feels). Have them walk across the paper. **Target:**

balance

### **Ball Rolling**

Encourage the children to roll different types of balls back and forth with another. Discuss with the children how the different balls feel. Are they heavy or light? Are they bumpy or smooth?

**Target:** co-ordination

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## Bubble Wrap Walk

Tape a large piece of bubble wrap to the floor so that the children can experiment with walking different ways to make the bubble pop.

**Target:** balance

## INTELLECTUAL

### *Language*

#### Runaway

I have two eyes to see with,  
I have two feet to run,  
I have two hands to wave with,  
And nose I have but one.  
I have two ears to hear with,  
And a tongue to say 'good day!'  
And two red cheeks for you to kiss,  
And now I'll run away.

The Five Senses

There are five senses we all have;

**Target:** rhyming



#### Can you guess what they are?

See, hear, taste, touch, and smell (point to each corresponding body part as you say them)  
See, hear, taste, touch, and smell  
See, hear, taste, touch, and smell  
And these are our five senses.

**Target:** labelling

#### What's In the Bag?

Take a few paper bags and put different items in them. Close the top of the bags so that there is only a big enough opening for the children to put their hand in the bag without seeing what is inside. Have them guess what is in the bag by just feeling. Then let them look and see if they were right with their guess.

**Target:** vocabulary

#### My Senses

Oh, with your fingers what do you feel?  
Oh, with your fingers what do you feel?  
Oh, tell me what do you feel with your fingers? (Let children answer)  
Oh, with your fingers what do you feel  
Oh, with your nose what do you smell?  
Oh, with your nose what do you smell?  
Oh, tell me what do you smell with your nose? (Let children answer)  
Oh, with your nose what do you smell?  
Oh, with your tongue what do you taste?

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Oh, with your tongue what do you taste?  
Oh, tell me what do you taste with your tongue? (Let children answer)  
Oh, with your tongue what do you taste?  
Oh, with your eyes what do you see?  
Oh, with your eyes what do you see?  
Oh, tell me what do you see with your eyes? (Let children answer)  
Oh, with your eyes what do you see?  
Oh, with your ears what do you hear?  
Oh, with your ears what do you hear?  
Oh, tell me what do you hear with your ear? (Let children answer)  
Oh, with your ears what do you hear?

**Target:** labelling

### High Five Touch

<https://teachpreschool.org/2016/06/25/high-five-for-our-sense-of-touch/>

**Target:** vocabulary

### Cognitive

#### Water Xylophone

<https://www.youtube.com/watch?v=sIO-JhMvu6M>

**Target:** cause and effect



#### Which Plate is which?

Bring two foods that look similar but taste very different (orange and grapefruit, sugar and salt, yogurt and sour cream, cucumber and zucchini.) Put them in plates next to each other. Let your children use their 5 senses to try to determine which is which. Asked the children to describe how the substances smell, feel, look, sound (as you gently shake the plate) and finally taste.

**Target:** reasoning/deduction

#### Smelling Scents

Put different scents (peppermint, garlic, strawberry, lemon, vanilla, etc.) on several cotton balls and place them in separate plastic containers with tops. Have children guess what they are.

**Target:** matching

#### Sensory Trays

Take an ice cube tray and fill it with object that have feel different (some example might be sandpaper, slime, net, fur, dough, felt, silk, cork, grass, bark, leaves, sponge) Let your children feel the different objects and talk about the differences with them.

**Target:** labelling

### CREATIVE

#### Rice and Ice Activity

<https://www.learning4kids.net/2015/07/19/rice-and-ice-sensory-activity/>

**Target:** texture



## Sensory Exploration- February 2019

### Sensory Bin

Pick an interest for your group of children and create a sensory bin. There are many resources on the internet to give you different ideas.

**Target:** sensory

### Feely Painting

What You Need:

- Paper
- Shaving Cream
- Paint
- Sand

What You Do: Let your children paint with hands using a mixture of shaving cream, paint, and sand. The Children can experience the different textures. **Target:** creativity

### Spice Painting

<http://www.learnwithplayathome.com/2012/08/painting-with-seasoning-and-spices.html>

**Target:** making choices

## **EMOTIONAL**

### Science Activity: "Mirror, Mirror"

Preschool children can do simple science experiments when they use their sense of sight to learn about reflections. **You will need:** All kinds of **unbreakable mirrors**; hand-held, stand-up, pocket etc., other items in which children can see their reflections such as appliances, windows, metal spoons, foil and water etc. Invite the children to walk around the day home with you to find places where they can see their reflections. Talk about what a reflection is and in which shiny items children have seen themselves, such as metal appliances (toasters or toaster ovens), windows, metal spoons, foil or water. Together find examples of reflections. Emphasize the word **reflection** by holding up a mirror and saying, "I can see my reflection in this mirror. It's just like a picture of my face!" Then offer the mirror to each child to see his / her reflection, too. After your "reflection walk", sit the children and show them different types of mirrors. Permit plenty of time for youngsters to look into and investigate them thoroughly. What happens when children breathe onto the mirror? What happens a few seconds after they see their breath on the mirror? Ask them to hold a mirror in different locations such as in front of their mouths with their mouths open, at arm's length - slightly higher than their shoulders, and against a corner in the classroom. Suggest that preschoolers try holding a mirror out a doorway while standing inside. What can they see now? Extension: Some preschool children may enjoy looking in mirrors while they draw pictures of themselves. **Target:** self-identification

### Rainbow Bottles

<https://playtolearnpreschool.us/rainbow-discovery-bottles/>

**Target:** independence

### Sound Shakers

<https://www.pre-kpages.com/science-sound-shakers/>

**Target:** decision making

## Sensory Exploration- February 2019

### **Taste Test**

Bring in items that taste salty, sour, sweet, and bitter and let your children taste and discuss them. **Target:** self-expression

### **Tasting Bottles**

<https://www.giftofcuriosity.com/sense-of-taste-fun-with-tasting-bottles/>

**Target:** confidence