



Five Senses

Oh, WOW! Smell that! Is your mouth watering when you smell a delicious dinner cooking? How does that happen? It is amazing how all of our 5 senses are connected. Explore your senses with your children. Talk about how that soft blanket can help you stay calm, and gently be lulled to sleep. Ask your child questions, discuss how something can feel cold and then change temperature or even melt. Have fun exploring the world of the 5 senses.

Take turns finding words that rhyme with:

HAND	(band, land, sand)
EYE	(by, cry, sky)
FEEL	(deal, meal, peel)
EAR	(bear, care, dear)

Conversation Starters: Ask your child one of these questions to begin a conversation about the theme?

1. How does my skin feel when I touch things?
2. How can I taste food when I am smelling it?
3. Why do people begin to dance when they hear music?

Book Topic & Internet Search

Don't forget that you can help your child create their own books by stapling or taping paper together in the form of a book.

Touch and Feel Smelling the flowers
How do our fingers feel?

How do our eyes see?
How do you ears work?

MATH & SCIENCE TASTY ACTIVITIES

Beginning math and science skills include classifying, sorting by attributes, theorizing, planning, estimating and identifying. Each of these skills actually begins in very young infants when they play in their environment. Discussing each activity as you set-up, play, and clean-up you are reinforcing your child's love of learning. Explore in depth sense of "Taste." Guide your child to identify between bitter, sweet and savory tastes.

1. As you go through the day implement the use of senses and make it a focal point and discuss the experience through the use of their senses.
 2. Play the tasting game. With eyes closed, taste different foods, you placed in front of both of you. Take turns guessing what the foods are.
 3. Have foods ready to taste along with small cup of lemonade and an unbreakable mirror.
- The unbreakable mirror is a fun item to use to observe their physical reaction to the different tastes.
 - As your child tastes the food items help him/her use descriptive words such as, salty, sour, sweet, etc.
 - Explain that their "Taste Buds" are helping them taste the different flavors. Have your child look in the unbreakable mirror at their tongues to see where their taste buds are located.
 - Ask your child what tasted best.

Tell Me What You Hear

Increase developing awareness about the five senses focusing on listening skills and speaking skills by re-creating sounds in the environment. Listening focuses on school readiness which includes math and reading preparation. The children of parents who are actively involved in learning are prepared to participate in kindergarten.

- o Prior to activity emphasize sounds such as birds chirping, bells ringing, voices, cars, etc. Use descriptive language to classify the sound as loud, roaring, soft, etc.
 - o Take a stroll with your child
- Before heading out ask a few open-ended questions to focus in on the different sounds they may hear such as, "What kinds of sounds do you think we will hear during our walk?", "How can we make sure we hear everything?", "Where should we go to hear the best sound?"
 - During the "Listening Walk" encourage your child to tell you about the sounds they hear. Guide them and help them use descriptive words such as loud, soft, ringing, roaring, etc.
 - After the walk take turns recreating the sounds heard.

Making Connections

Enhance awareness and knowledge of how your child experiences the world through their senses. Compassion comes from knowledge and understanding, therefore, discuss with your child the importance of all our senses and the reality of some people not being able to use one of their senses. This will create a developing awareness and compassion for such differences.

- When talking to your child about senses and how some people not have the capabilities to use their senses, be sure to discuss the careers that help people with these cases.
- Discuss objects that exist to help improve impairments such as glasses, Braille, hearing aids, sign language, trained guide dogs, etc.
- The student will have a developing understanding and compassion in efforts to help those with impairments.
- Play the "Trust Game" and allow children to experience for a few minutes what a blind person may feel, by putting blind folds on and allowing mom, dad, sibling or other to guide them through the room.
- Take turns playing the "Trust Game".

PARENT TIP

It is important to discuss the origin of impairments. This will develop awareness and compassion that will help them be welcoming and accepting of differences and uniqueness they may encounter in the future.

Sight: Beautiful Me!

Awareness of self is an excellent way to increase self-esteem. Engage your child positively and enthusiastically - remember your attention and time is the best tool for their self-esteem.

- Talk to your child about "reflection"
- Allow them to explore their own reflection by doing silly faces on a mirror.
- Supply your child with paper and colors to draw a self-portrait as they look at their reflection on the mirror.
- Display their self-portrait proudly!

Learning and Loving Our Letters!

Write out each letter of the alphabet.

Using a smooth and smelly gel-like substance (jelly, mayonnaise, mustard, toothpaste, etc.) have your child dip their finger and trace each letter.

Be sure to sing the ABC's and letter sounds whilst your child traces the letter.

Geometry at such a young age!

The purpose of teaching geometry is to teach children about space, shapes, and size. By exposing them to basic geometry you are building a strong foundation for the geometric concepts, your future architects and builders will enjoy making creations that work and fit together.

Have your child trace your hands next to their hands.

Are your hands the same shape?

What shapes do you see in the hand pictures?

Getting Artsy with the Senses!

Why incorporate art into learning? Art is an amazing tool for education in the early years.

Working on an art project encourages creative thought, motor control, problem solving, pre-reading skills and so many others.

- Cut out body parts that have one of the five senses incorporated with it (eyes, ears, hands, mouths, etc.)
- Encourage your child to glue each cut out item on a paper in any place they want. You may notice that older children will automatically place the items in the correct place and sequenced.
- Follow up discuss how they use their senses to do everyday things.

The magical five senses! To touch or not to touch!

Touch is one of the five senses that young children need to experience in order to relate to thoughts, physical activity and emotions. Tactile experiences allow for early learners to experience textures and hold open discussions on colors and senses.

Materials Needed: Household products such as stuffed animals, pillows, books, pictures from magazines/newspapers of cleaning products or sharper objects.

- Explain that some things are safe to touch, and some are not.
- Encourage your child to name a few safe ones and unsafe ones to see how aware they are on this specific topic.
- As you go through the day talk about things, he/she is touching or close to touching, if it's safe emphasize the word "Safe" or on the contrary emphasize the word "Unsafe."
- Cut out pictures from a coupon book or use ads from a magazine to identify safe and unsafe items to touch.
- Do these exercises often. Repetition is key for building awareness and comprehension.
- Have your child fold a piece of construction paper in half. Write or have your child trace over your lettering "Safe" and on opposite side "Not Safe."
- Work Together to go through ads and pictures of objects. Discuss with your child whether they think it is a safe or unsafe item to touch.
- Have your child cut out each picture discussed and glue on appropriate side of construction paper.