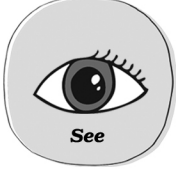




Focus On Your Senses

Take a few minutes to have your group or class focus on their senses and invite each child to share or describe in detail one thing they see, one thing they feel, or one sound they hear.

*Adapted
for a group or a
classroom*

What I see  <i>See</i>	What I feel  <i>Touch</i>	What I hear  <i>Listen</i>
1.	1.	1.
2.	2.	2.
3.	3.	3.

More practice ideas

Children could play a game (similar to "I spy") for the sense of sight, where one child has to describe what they see (e.g., shape, color, texture, size, etc.) without naming the object and other children have to guess what it is.

Another option is to play a game where each child is assigned one color and has to find as many things as they can around the classroom with that color.

Similar games can be created for the sense of hearing by inviting children to describe and guess different sounds the teacher plays (e.g., different instruments, nature sounds, etc.) or sense of touch (e.g., closing the eyes and feeling different textures) or smell (e.g., having children smell different scents, like cinnamon and lavender, and guess what they are).

