



Come to Your Senses

In this package you'll find 3 engaging lessons that you can do at home using materials found around your house! These lessons are all about the five senses and are connected to the Ontario Science Curriculum for Grade 1. We hope you enjoy these lessons and are awed, inspired and enlightened.

PROGRAM BASICS

INTRODUCTION TO THE FIVE SENSES

This activity will help children explore their senses and learn why we need them.

SENSORY WALK

Kids will use their senses of seeing, hearing and smelling to describe different places in or outside of the house.

SENSORY POEMS

Using their knowledge about the five senses, kids will write their own sensory poems.

CURRICULUM CONNECTION

Grade 1 | Science

Specific Connection

2.5 Investigate characteristics of parts of the human body, including the five sense organs, and explain how those characteristics help humans meet their needs and explore the world around them using a variety of methods and resources.

Introduction to the 5 Senses

You use them every day to get to know and understand the world around you. What are they? Your senses! The five senses — seeing, hearing, smelling, tasting and touching — help us to learn about our surroundings. The following activity will help you explore your senses.

Adapted from: <https://www.teachervision.com/five-senses/identifying-five-senses>

Complete the worksheet below about your senses:

The Five Senses

Match each sense to its part of the body by drawing a line.

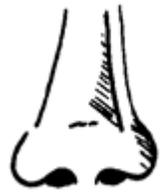
1. Touch

2. Taste

3. Smell

4. Hear

5. Sight



Name one of your favourite things: _____

What senses help you to enjoy your favourite thing?

SENSORY WALK

(Lesson Time: 40 minutes)

Kids will use their senses of seeing, hearing and smelling to describe different places in or outside of the house.

Materials

- Plain paper
- Art materials (coloured pencils, markers, crayons)

INSTRUCTIONS

Introduction (20 minutes)

Now that we have learned a little bit about the five senses, you are going to go on a walk with your family. If it's good weather, maybe you can go for a walk outside. Otherwise, you can walk around your house, going to places like the kitchen, your bedroom and the living room. Pay very close attention to what you see, hear, touch and smell. (No tasting on this walk, though you might find some things you can touch!) What information do you get from your senses about these places?

Development (20 minutes)

When you return to you are doing your work, draw a picture of one of the places you visited on the walk. Think of a way to draw the sounds you heard. If your sense of smell noticed something, how can you draw that?

Conclusion (5 minutes)

When you're finished, share your drawing with your parents/guardian. Explain to them how you illustrated all the things you saw, heard, smelled or touched on your walk

SENSORY POEMS

(Lesson Time: 30 minutes)

We rely on our five senses to provide information about the world around us. Just the thought of a special holiday dinner brings to mind many observations made through the senses -- the smell of dinner cooking, the sound of holiday music, the taste of freshly baked cookies and more. Children may recognize the importance of their senses, but they don't often focus on them individually. With the help of Web resources, you can teach your child to identify their senses and put them to use in everyday life.

To begin or end your study of the senses, bring them together in a simple language arts activity called the sensory poem. Your child may choose their themes, but they must involve all the senses. Holidays, seasons, and other broad concepts make nice topics. List the five senses -- sight, smell, hearing, taste and touch -- for your child. Tell them that they must address one sense in each line of the poem. The first line should include a color, and the last may include touch or emotion. You may allow your child to put the other lines in any order they choose.

Here is an example:

Spring

[Colour] Spring is green with bright yellow buds,

[Sight] New shoots emerge from the dark brown earth,

[Smell] The scent of rain mixes with blossoms in the air,

[Hearing] Birds chirp with newfound vibrato in the trees,

[Taste] Succulent strawberries ripen in the sun,

[Emotion] All is fresh, warm and beautiful in the world.

Materials

- Pencils
- Paper

Pre Lesson Set Up

Prepare materials for your child. Have a whiteboard or smartboard available where you can display the example poem for your child.

Instructions

Introduction (5 minutes)

Ask your child what the five senses of the body are. Talk about each of the senses in more detail. What kind of things to do they see outside, what smells do they smell etc. Read the poem aloud for your child asking them to imagine hearing, smelling and seeing the things they hear in the poem. Tell your child we are going to be creating our own poems. Depending on the age of your child, could have them drawing pictures of what sounds, sights and smells they think of.

Development (25 minutes)

Allow your child to begin writing their poems. Have paper available for them to write their brainstorming ideas on before they create their poems. You can write some potential themes on the board to help your child begin the brainstorming process.

Conclusion (10 minutes)

Ask your child if they would like to share their poems with the whole family.