

Books

My Five Senses Aliki

I Hear a Pickle: and Smell, See, Touch, and Taste It, Too! Rachel Isadora

I Feel a Foot Maranke Rinck

Five for a Little One Chris Raschka

Rain Manya Stojic

*Big Smelly Bear*Britta Teckentrup

Other Items

6 sensory balls

Touch Game
Touch your nose,
Touch your chin;
That's the way this game begins.
Touch your eyes,
Touch your knees;
Now everybody freeze!
Touch your hair,
Touch one ear;
Clap your hands right here,
Touch your elbows
Where they bend;
That's the way this touch game ends.

Source: Preschooleducation.com

Fingerplays

Five Senses

Tune: Where is Thumbkin?

Five senses, five senses We have them. We have them. Seeing, hearing, touching, Tasting and smelling. There are five, there are five. Source: Miss Megs Storytime

Here are My Eyes

Here are my eyes, one and two, I give a wink, so can you.

When they're open, I see the light When they're closed, it's dark as night.

I have a little body that belongs to me, I have two ears to hear with and two eyes to see.

I have a nose for smelling, and a mouth to eat.

I have two hands to wave at everyone I meet!

Action Songs

Splendid Senses

Tune: The Bear Went Over the Mountain

My eyes are made for seeing. My eyes are made for seeing. My eyes are made for seeing. So I can SEE my world.

My ears are made for hearing. My ears are made for hearing. My ears are made for hearing. So I can HEAR my world.

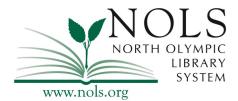
My nose is made for smelling. My nose is made for smelling. My nose is made for smelling. So I can SMELL my world.

My mouth is made for tasting. My mouth is made for tasting. My mouth is made for tasting. So I can TASTE my world.

My hands are made for touching.
My hands are made for touching.
My hands are made for touching.
So I can TOUCH my world.

Source: Miss Meg's Storytime







Songs

I Use My Five Senses

Tune: The Farmer and the Dell

I use my eyes to see, I use my eyes to see, And when I want to see a star, I use my eyes to see.

I use my nose to smell, I use my nose to smell, And when I want to smell a flower, I use my nose to smell.

I use my tongue my to taste, I use my tongue to taste, And when I want to taste an apple, I use my tongue to taste.

I use my ears to hear, I use my ears to hear, And when I want to hear a bird, I use my ears to hear.

I use my hands to touch, I use my hands to touch, And when I want to touch a cat, I use my hands to touch.

Source: PoudreLibraries.org

Hear and Feel

Tune: Frere Jacques

Sound is moving; sound is moving
To my ears, to my ears.
Vibrations make the sound waves
That travel to my eardrums
When I [hum; hmm, hmm, hmm].

Additional Phrases: whisper: sh, sh, sh sing: la, la, la growl: grr, grr, grr Squeak: eek, eek, eek

Oh, Do You Hear?

Tune: Do You Know the Muffin Man?

Oh, do you hear the duck go quack, the duck go quack, the duck go quack? Oh, do you hear the duck go quack? That's how he talks to me.

Oh, do you hear the cat go meow, the cat go meow? Oh, do you hear the cat go meow? That's how she talks to me.

Additional verses:

Frog...ribbit Sheep...baa Pig...oink Hen...cluck Dog...woof

Source: PoudreLibraries.org

Art Projects

Texture Sorting

What you need: Paper Glue Scissors

Various textured art supplies (felt, sandpaper, foil, foam)

Label pieces of paper with "Smooth," "soft," "squishy," and "rough" for example and ask child to sort through the pile of art supplies and glue on under the correct label. Or be creative and make a collage with varying textures and talk about them with your child while he/she creates!

Source: notimeforflashcards.com

Science & Math

Senses Guessing Game

What you need:

4 small plastic containers with lids Blindfold (bandannas work great)

4 food items with distinctive tastes (sugar, salt, lemon, milk, pretzels, grapes)

Put edible items in containers and blindfold child. Set a container in front of child and have her use her senses to guess what food is in the container. Talk to your child about the five senses while they touch, smell, and taste each item. You can also repeat this game by creating touch boxes with non-edible objects such as pinecones, rocks, leaves, shells, etc.

Source: education.com

Early Literacy Take Home:

You can encourage healthy brain development by helping your child explore their five senses. Talk with your child and see, hear, feel, smell, and listen to the world around you together!

Questions about this kit? Email youth services staff at youth@nols.org or contact staff at (360) 417-8500 x7705.

www.nols.org