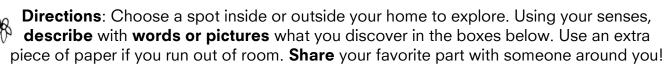
## FIVE senses at HOME





hear

ne r Take a deep breath to calm your mind. Close your eyes to listen. What do you HEAR?



BONUS: Are the things you hear human-made or nature-made?



Take a minute to LOOK closely. Use a magnifying glass, if you have one!



touch

Choose something and FEEL it *gently* with your finger and thumb, like we do in the garden. Be careful of pointy or sharp edges!

smell

After you feel it, give your fingers a SMELL or wave the air with your hand towards your nose. Some things do not have a strong smell, and that's okay too!



taste

**Do not taste** unless you have permission from an adult! If tasting is not a good idea, ask yourself: "Would anything want to eat this? What might it taste like? Do you think it would be bitter (like broccoli), sweet (like honey), sour (like a lemon), or salty (like a potato chip)?"

