



# FIVE senses at HOME



**Directions:** Choose a spot inside or outside your home to explore. Using your senses, **describe** with **words or pictures** what you discover in the boxes below. Use an extra piece of paper if you run out of room. **Share** your favorite part with someone around you!

hear



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?

see



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)?"