

Exploring Our Senses

The aim of this activity is to:

Highlight that people experience sensory information differently – and that's okay!

Resources needed:

- Worksheet (see next page)
- Variety of everyday items - for example a pen, a teddy bear, a book, an apple, a jumper

Explain the following:

When we are exploring objects and things in our environment we use our senses. You may think that we only use one sense at a time but often we use many of our senses together.

For example you may think that when you are eating a biscuit you are just using your sense of taste but actually you are using your sense of smell as well. When you read a book you might think you just use your visual sense but actually what about your sense of touch and spatial awareness to turn the pages?

Together we are going to explore some everyday objects and think carefully about what senses we are using and how we are using it.

Method

Give the children the selection of objects and ask them to explore the item and record their findings on the sheet provided.

Tell the children that some people also explore items using their mouth but this can be dangerous and not something we should be encouraging!

When the children have completed the activity ask them to discuss their findings.

Make a note of any differences and use this as a chance to explain that everyone might experience sensory information differently, and some people might use different ways to explore an object than what was originally thought.

For example someone may look closely at the fur on a teddy bear rather than stroke it.

Exploring Our Senses

Name of object	Smell	Touch	Hearing	Vision
Teddy bear	Linen	Soft and fluffy	Crinkly sound	Fluffy
Phone	Plastic	hard	Tappy noise	Bright colours



