

Exploring Our Senses

Understanding Our Senses

The aim of this activity is to:

- Understand how we experience information through our senses
- Understand that other children may experience sensory information in different ways

Resources needed:

- My senses worksheet (see next page)

Method

Start the session by discussing how many senses we have. Most people think we have five, but we actually have eight. You could do a quiz to see who can name all of the senses and where they are.

Then get the children to think about:

- 5 things they can hear
- 5 things they can see
- 5 things they can touch
- 5 things can smell

Support your class to complete the worksheet on the next page.

Once complete ask some of the children to present what they experienced to the class. Ask the children if they can notice any differences between what each of them is saying.

Using My Senses

In the boxes below, list 5 things you can...

