

The 5 Senses



Try making a Feely board with things you have at home.

I used, bubble wrap, sandpaper, cotton wool, sponge, sweet wrapper, foil and lace.

There are many other textures you can try. Close your eyes and touch the board. Do any make a noise? Do they feel soft or scratchy?

10 Sounds I Can Hear

Find a place outside to sit down and really listen. A point for each sound heard. Who can score 10 points?

1. Bird song
2. A siren
3. A dog barking
4. A car horn beeping
5. Music playing
6. Laughter
7. A car engine
8. Wind in the trees
9. Someone talking
10. A sound that's not on this list!

Hello, as we are spending more time together, it's a good opportunity to explore the world around us. We have five senses to help us understand the world we live in.

Take a moment, slow down and be still. What can you hear, smell, touch, taste and see?



Fun Facts

We can use all five of our senses at the same time without even realising it!

People blink 15 times per minute on average.

Snakes hear from their jawbones!

Dolphins sleep with one eye open.

Grizzly bears can smell food from up to 18 miles away.

Believe it or not, your nose also helps you taste things!



Jokes for You

What did one eye say to the other?

Between you and me something smells!

Why was the nose tired?

Because it never stopped running!





These are delicious to eat
and smell wonderful.

*Please be aware when
baked the jam is really hot.
Adult supervision at all
times please.*

Thumbprint Cookies

Ingredients.

100g Butter

75g Caster Sugar.

175g Plain white flour.

2 tablespoons of milk

50g Raspberry jam.



Preheat the oven to 180°C or Gas mark 4

Mix flour, butter and sugar together in a bowl.

Rub together until the mixture looks like breadcrumbs.

Add milk and mix to form a dough.

Knead well on a floured table.

Form into a ball and wrap in clingfilm.

Place in the fridge to chill for 30 minutes.

Using a teaspoon, scoop mixture into balls.

Put on a greased baking tray and press your thumb into the dough ball to make a dent.

Fill with ½ teaspoon of jam.

Bake for 12 minutes or until golden.

Be Still Like a frog

I am a little frog,

Sitting still as can be,

I see all things that happen around me.

I take a breath in,

I let it go out,

Over and over again without a doubt.

I am a frog,

Sitting still as can be,

Peaceful and quiet is how you find me.



This is the mouth where words are said.
These are my eyes with which I see.
This is my nose that's a part of me.
This is the hair that grows on my head.
These are my ears on the side of my head
My happy smile is here to stay.
I'm glad to be with you, so let's play!



Sing a Song



*I have ten little fingers and they all
belong to me,
I can make them do things, would
you like to see?
I can shut them up tight, I can open
them wide,
I can put them together, I can make
them all hide.
I can make them jump high,
I can make them jump low.
I can fold them up quietly and hold
them just so.*



Join in the dots
and colour in to
reveal
something tasty.

Try the taste
challenge

Choose 5 soft food
items. You could
use, a slice of
lemon, chocolate
paste, tomato
sauce, honey or
mashed
strawberries.

Then find a
volunteer to face
the taste challenge.
Ask them to close
their eyes and
TASTE!

Senses Explorer

Wherever you are, use your 5 senses to
explore.

Try these.

Name 5 things you can..... **see**

Name 4 things you can..... **touch**

Name 3 things you can..... **hear**

Name 2 things you can..... **smell**

Name 1 thing you can..... **taste**



Do you get bored sometimes?

Try these fun activities



How many bubbles can you
blow in one puff?

See the rainbow inside.



Have a home disco, choose your
favourite music and DANCE.

Listen to some quiet music and
be still.



Can you keep the balloon up in
the air? How long did you last?

Good bye for now from 'Arty Tots' stay safe and
well. Although our world is a bit different at the
moment, we can still enjoy our day.