

## Five Senses Activities for Friday

### On the Move

#### Rolling Pin Play

Crush, squish, and pound to increase those fine motor skills at home.

Materials:

- Zippered plastic storage bags
- Damp sand, dry rice/pasta, play dough, slime, oil & water
- Tape
- Rolling pin or large drinking cup

Instructions:

1. Place your varied items into individual zippered storage bags.
2. Press out all the air and seal with tape.
3. Provide your child with the baggies and a rolling pin/cup.
4. Examine the bags together and talk about how they feel- soft, squishy, hard, rough, etc.
5. Show them how to roll or pound the items softly.
6. Then discuss how the items feel now.

### Adventures Online

Blippi's trip to the Children's Museum

<https://www.youtube.com/watch?v=XIHvTEstz8>

As Bilppi explores the museum ask your child about how he is using his 5 senses to explore the museum.

### Sensory Time

#### The Sounds of My World

Step outside. What does your world sound like?

Materials:

- Just you, your child and the great outdoors.

Instructions:

1. Take a walk outside.
2. Listen and name the many sounds you hear in your world.
3. Talk about how we use our ears to hear. Are the sounds loud or soft? Ask your child what they think is making that sound. If possible, go investigate and find out!

### Story Time

#### Big Bad Baby

Show your child different ways that they explore their five senses. Uses key words throughout to reference senses.

Read Aloud: <https://www.youtube.com/watch?v=-4mvKSNM8bY&feature=youtu.be>

Key words to reference:

Tart, Push, Slurp, Tickle, Warm, Smell (peeuy), Noises (Wooka wook, chooka chooka), Taste (Milk)

What senses do we use with these words?

## *Arts and Creativity*

### **Sensory Box**

Your child can guess what is in the box using their five senses!

Materials:

- Shoe Box with lid or other small box
- Scissors
- Items such as toys, rocks, cotton, small stuffed animals, etc.

Instructions:

1. Cut an opening in the side of the box.
2. Place an object inside of the box (your child can't peek!)
3. Ask your child to put their hand in the opening and tell you what they feel. Ask them to describe it. Ask them, "Is it scratchy, is it bumpy, is it smooth or soft?"
4. Then, ask your child to tell you what they think it is. See if they guessed it! Repeat!