

Five Senses Activities for Wednesday

On the Move

Scented Pouring Station

This scent-filled activity tickles the five senses all while building motor skills.

Materials:

- A large pitcher
- Mixing bowls
- Drinking glasses/cups
- Small bowls/containers
- Water
- Food coloring
- Essential oils, vanilla extract, or non-toxic scented hand soap

Instructions:

1. Fill some of the selected containers with varied amounts of water.
2. Add different food coloring and your selected scents to the containers.
3. Encourage your child to carefully pour the water from one container to the next, combining the colors and scents with one another.

Adventures Online

Five Senses

What can you do with your Five Senses?

<https://www.youtube.com/watch?v=w7UkHQ6uABQ>

Talk to your child about what they can do with their five senses.

Sensory Time

Apple Nachos

Snacks are more fun when everyone can help make it.

Materials:

- Apples
- 3oz. cream cheese
- 2-3 Tbsp. of powdered sugar
- Caramel Sauce
- Chocolate chips (and any other toppings you wish)

Instructions:

1. Slice apples in half and remove the core. Cut into thin slices and lay on a plate.
2. Warm cream cheese for about 20 sec. then add powdered sugar (you can also use plain or vanilla yogurt)
3. Drizzle cream cheese mixture and caramel over apples
4. Sprinkle chocolate chips. And any other toppings you wish.

Enjoy!

Talk about how the different parts of the recipe taste- are they sweet, crunchy, tart?

Story Time

My Five Senses

An entertaining and educational book on how we use our senses of taste, smell, sight, hearing, and touch.

Read Aloud:

<https://www.youtube.com/watch?v=KwF8WLXb4fk>

Arts and Creativity

Five Senses Song

Sung to the Tune of "Where is Thumbkin", a fun song about the five senses.

Five senses, five senses,
I have them. I have them.
Seeing, hearing, smelling,
touching and tasting
I have five. I have five.

When singing this song, encourage your child to hold up their five fingers when singing "five." Tell your child, "we are using our senses of seeing and hearing when we sing this song!"