



Five Senses Games

Touching

One game to play is to take an empty pillowcase and place familiar objects inside. Let children try to guess what the objects are. Adults can help children describe how each object feels.

Children can become more familiar with their sense of touch by playing with materials like dough, clay, water, sand, uncooked rice and gelatin. Have them describe what it feels like.

Children should gather leaves, rocks, flowers, worms, ants, and other things from the outdoors. Let them feel and describe what each thing feels like.

Seeing

Adults can help children focus on a child's sense of sight by placing four or five familiar objects on a tray. Give children one minute to look at all of the items and then cover the tray and ask the children to share what they saw on the tray. Have children describe each object.

Go outside and look at a tree and describe all the parts. Then have your child draw the tree. Do this with other outdoor treasures.

Tasting

Children can learn to identify foods by taste with games. Parents need to gather up different foods (like peanut butter, banana, raisins, etc.) and have children cover their eyes as they taste each one. After they taste a food, have them guess what they tasted. Giving children the words they need to describe different tastes such as sour, salty, sweet, fruity, etc. to help them understand the meaning of the words.

As children try to foods, have them describe them by taste.

Smelling

Gather a variety of items with different smells such as a lemon, pickles, flowers, grass, soap, etc. Cover children's eyes and have them smell each thing and guess what it is.

Hearing

Say easy Nursery Rhymes to your child and have them repeat them. Children will need to listen in order to repeat the rhymes. Do this with fun songs as well.

Let your child pick their favorite books and read them out loud. Ask your child questions as you read.

Run off an animal chart. Make the sound the animal makes and your child points out the animal.