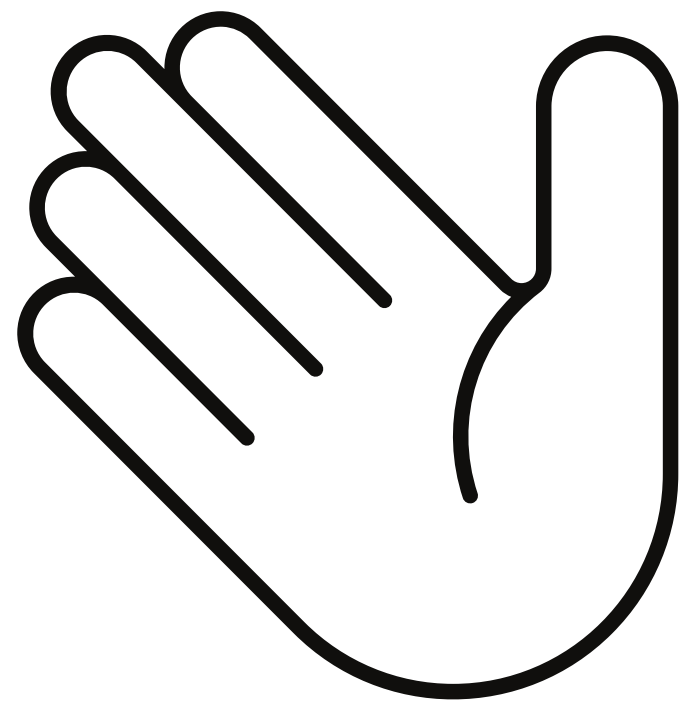


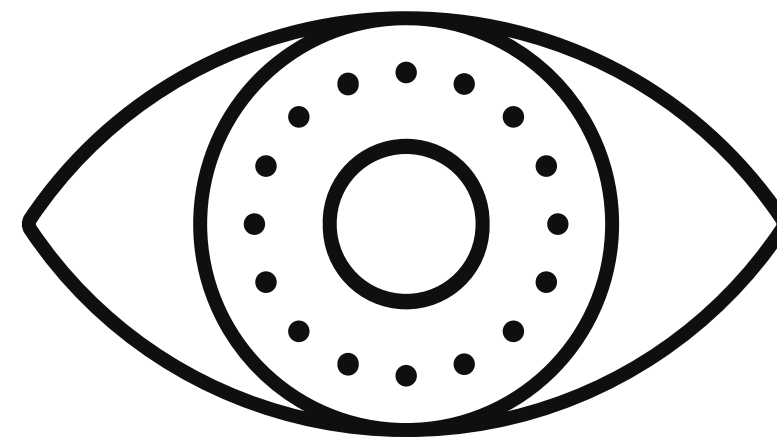
SENSES ACTIVITY



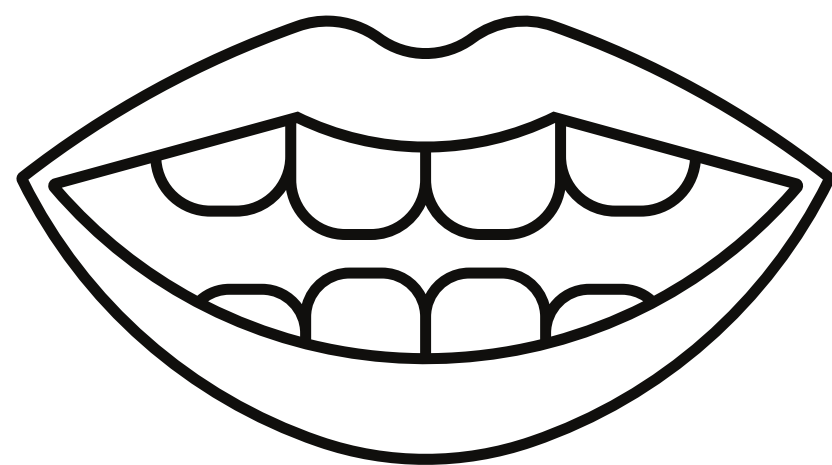
5 ^{main} senses



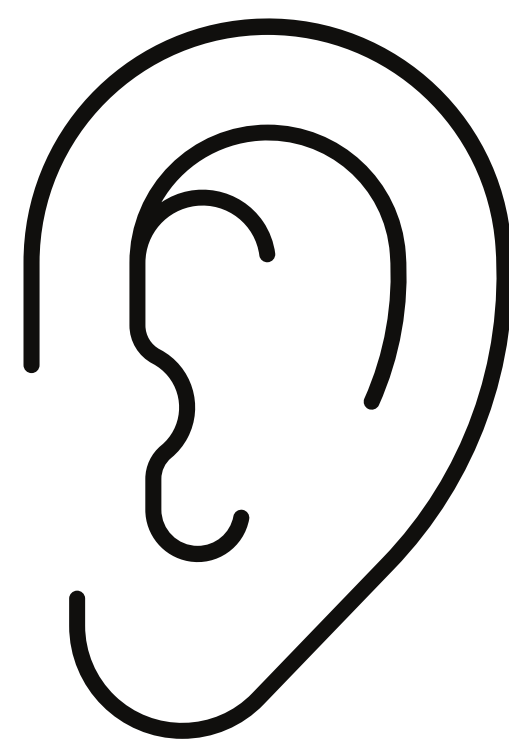
Touch



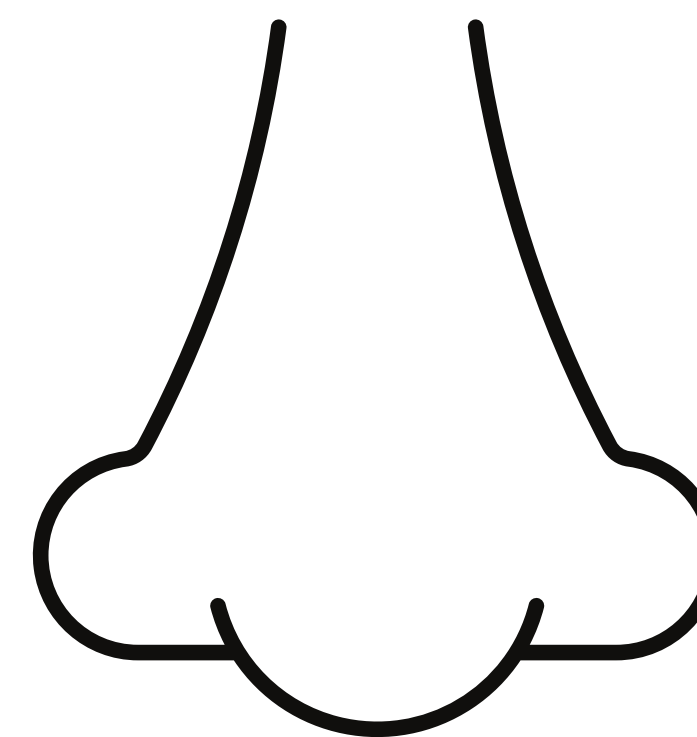
Sight



Taste



Hearing



Smell

As we sit together, I am going to ask you to pause
and think about some questions.

These questions are going to use our
5 main senses to recognise what is around us.

It might be helpful for you to close your eyes.

WHAT CAN YOU
HEAR?



COULD YOU **HEAR...**

- **your heartbeat**
- **your breathing**
- **birds outside**
- **someone sniffing**
- **cars on the street**



WHAT CAN YOU
FEEL?

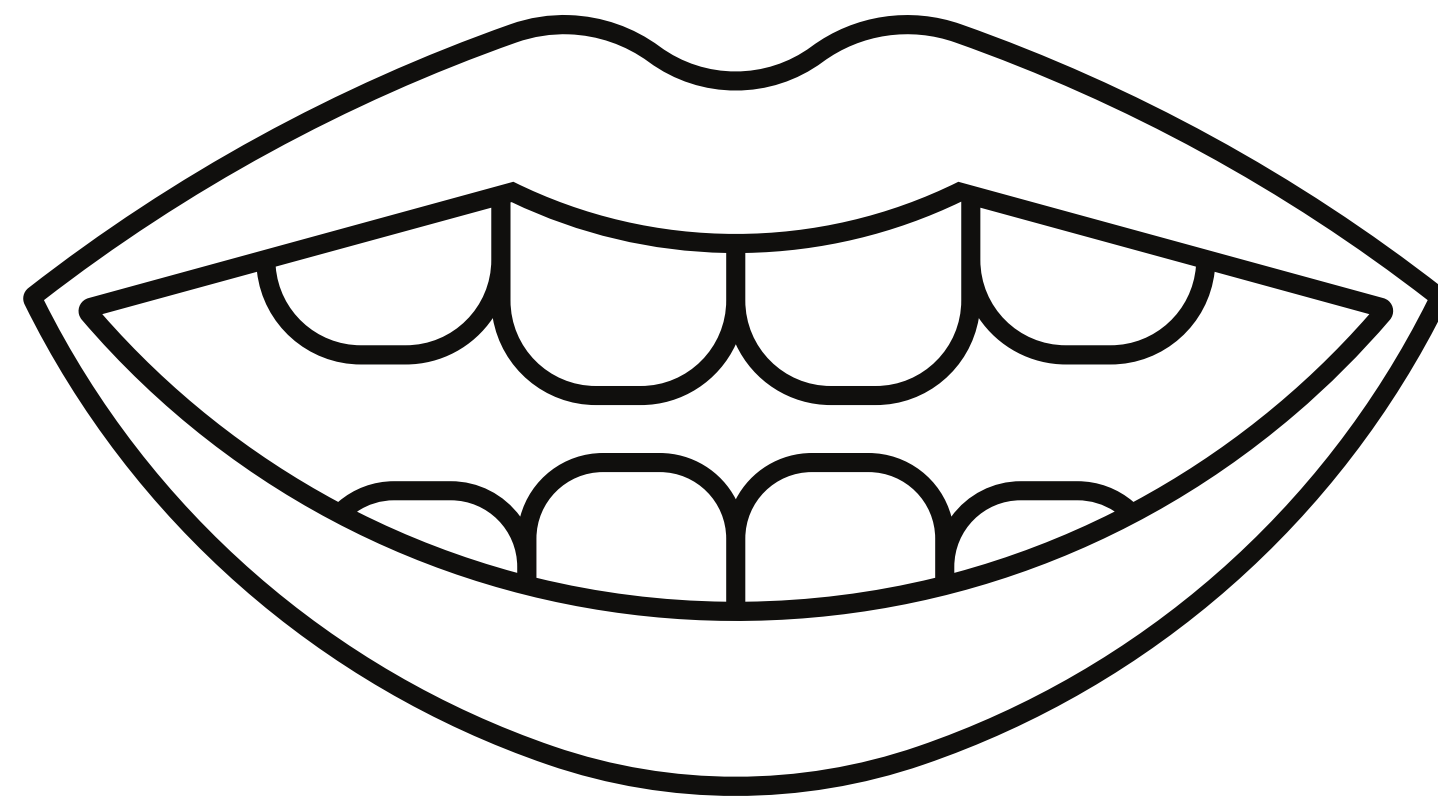


COULD YOU **FEEL...**

- **the floor under your bottom**
- **what your hands are touching**
- **your shoes on your feet**
- **your hair on your face**
- **the breeze from the open window**



WHAT CAN YOU **TASTE?**

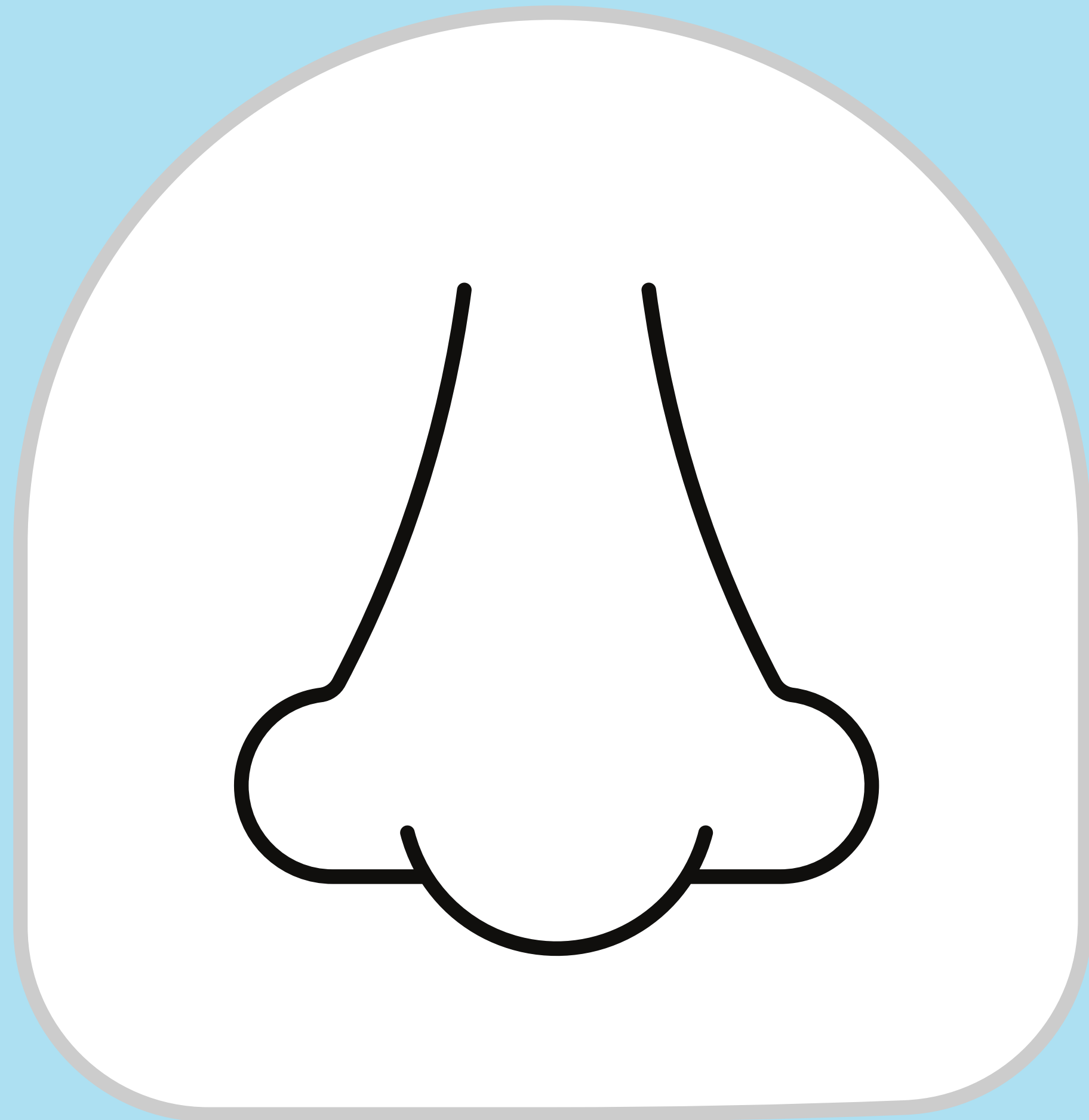


COULD YOU TASTE...

- your lunch lingering in your mouth
- if you were to eat an ice cream would it taste **sweet**, **sour**, **bitter** or **salty**



WHAT CAN YOU
SMELL?



COULD YOU **SMELL...**

- **the grass that has just been cut**
- **shampoo/soap on your body**
- **your stinky shoes**
- **the bin**
- **a candle**



Now open your eyes

WHAT CAN YOU SEE?



COULD YOU **SEE...**

- **the colour of the walls**
- **lots of different faces**
- **the colours in the carpet**
- **something very far away**
- **your own nose**

