

Home UW Activity

This activity is one about our bodies, namely, our five senses. Give your senses a work out with these five activities!

Sight – Play a game of ‘I Spy’ (this one is also handy for practising letter sounds!)



Smell – Put some smelly foods into cups or beakers, and cover with kitchen roll or paper, with small holes poked in. Challenge your child to work out what’s inside using only their sense of smell (mints, coffee granules, orange segments, curry powder and baked beans all work quite well).



Touch – Hide some toys in a box or under a blanket, then challenge your child to work out what they are using only their sense of touch. This is a great opportunity for them to practise describing how things feel.



Taste – Confuse the senses by adding some food colouring to drinks and see if your child can work out what they are (for example blue food colouring in milk, or red in some orange juice). For more daring eaters, they could try a blindfolded taste test of familiar foods!



Hearing – Have a ‘listening minute’, where children spend a whole minute just listening to the world around them, then talk about all the sounds they could hear afterwards. Were the sounds loud or quiet? Nearby or far away? High or low?