



Fun With My Senses

Activity 1

Materials needed: small zip-lock baggies, several cotton balls—each one dotted with one of the following: peppermint extract, orange extract, peanut butter, perfume or soap and pizza sauce. Place one scented cotton ball in each baggie. Also needed: pictures of wrapped peppermint candy, an orange, jar of peanut butter, perfume or soap and pizza.

1. Instruct children to place the pictures on the table and remove each cotton ball from its bag.
2. Ask the question “What does this cotton ball smell like?” and match the scent to the picture.

Activity 2

Materials needed: bag of unshelled mixed nuts (walnuts, filberts, almonds, pecans, and hazelnuts)

Instruct children to feel and compare nuts by size and outside texture.

After all have had a chance to compare the outside of each nut, use the same nuts—this time without the shells—to make the same comparison.

Since many children will be handling the nuts instruct the children not to eat them.

Activity 3

Materials needed: A variety of fresh cut fruits and vegetables for children to taste—apples, oranges, bananas, pineapple, star fruit, papaya, kiwi, green beans, carrots, lettuce, spinach, mushrooms, and paper plates (Optional dip: yogurt mixed with small amount of instant vanilla pudding.)

After cutting the fruits and vegetables (you may wish to cut some ahead of time), encourage the children to join the tasting party. If you choose to use the optional dip, have a spoon in the dip for children to use to put some yogurt on their paper plate. Children may then walk around the display of fruits and vegetables and put one or two samples of each on their plate.

Some may be more inclined “to taste” if there is a dip.