

Senses

Activity Choice Descriptions

Walk your girls through the activity choices and let them decide which ones they like best.

MEETING 2 ACTIVITY CHOICES

Put Your Nose to Work

Follow a Friend Using Only Your Nose!: Have an adult help you find something with a strong scent, like a lemon slice or a cinnamon stick. Blindfold a friend, hold the item close to her nose, and see if she can follow you a short distance using her sense of smell. Then switch and see if you can follow her.

Play a Smelly Game with Your Friends: Find five containers with lids and mark a number on each. Put an item with a strong smell—such as an orange peel or coffee—into each container and poke holes in the lid. Write down the number of each container and what's inside. Then rearrange the containers and try to identify the item that is in each one, just by smell. Who can guess the most smells correctly?

Try Sniffing Out Three Different Foods: Put on a blindfold. Have someone else hold three different, but similar, foods under your nose, like three cheeses or three kinds of citrus fruit. Guess what you think each food is, then find out if you're right.

Take a Taste Test

Do a Taste Test with Salty, Sweet, Bitter, and Sour Foods: Taste at least one thing with each flavor. Talk about which flavors you like best and which ones you like least.

Look at the Taste Buds on a Friend's Tongue: Without touching her tongue, use a safe, plastic magnifying glass to see her taste buds. Then let her look at yours. Talk about what they look like and find out the scientific name for a taste bud and how many are on one tongue.

Explore How Sight Influences Taste: With an adult, dye one food a different color than it was originally. Taste the food with its normal color, then its new color. Talk about whether it tastes different to you and if you like the taste better if the food is a different color.

Touch and Feel

Find Things That Have Different Textures and Create a "Feel Wheel": Cut a big circle out of a poster board and divide it into eight pie slices. In each slice, glue something that has a different texture, like smooth, rough, sticky, bumpy, hard, squishy, or hairy. Then close your eyes and guess what each item is.

Try an Arm or Leg Touch Test: Glue some thin thread or fishing line to a Popsicle stick. Gently touch a blindfolded person with a thread. Can she feel it? Why or why not? Then swap places so you can take a turn.

Try Braille: When someone is missing their sense of sight, they might read with their sense of touch by feeling a set of raised dots. These dots are part of special system called Braille. Use the alphabet to figure out how to write your name in Braille, and then write it with dots of glue on the boxes provided.