

## EXERCISE YOUR SENSES

Your senses—sight, touch, taste, smell, and hearing—are part of your nervous system. They work together to help you make sense of the world around you by sending signals that your brain decodes. Grab a blindfold (no peeking!) to test them out.

Find a partner and ask him/her to hand you a mystery item. As you try and guess what it is, have your partner record your observations.

1. How does the object feel? Soft or hard? Heavy or light?

2. How does it smell? Sweet or sour? Earthy or flowery?

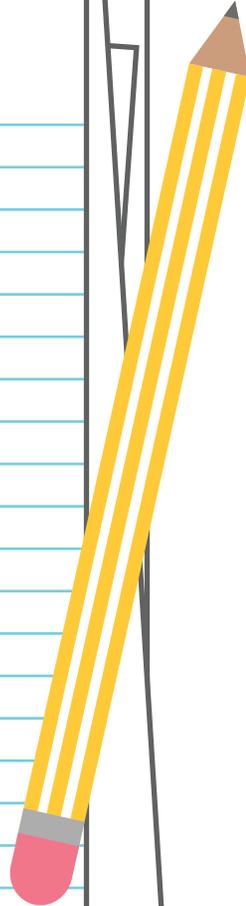
3. If it's food, how does it taste? Bitter, salty, or sweet?

4. Try tapping or shaking the object.

Does it make any noise?

5. Try to guess what's in your hand.

Take off your blindfold and draw what you were actually holding. What sense most helped you identify this object?



Ask a parent to take a picture and share!  
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