

WEEKLY THEME:

5 SENSES

Developed by Iris Ostrin

DAY ONE: WHAT'S THIS I SMELL?

SESSION 1

STARTER: What do you use to smell things? Answer: Your **Nose!** Learn about different smells. What smells do you like, which don't you like?

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

DRAWING

Draw a large nose. Then below the nose under one nostril write *like*, and the other *don't like*. You will use this later as part of an activity.

BOOK

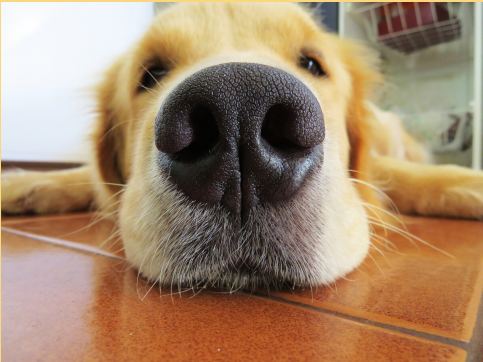
Listen to 'Big Smelly Bear' - [here](#)

ART

Paint with smell. How? Take spices – turmeric, chili, cinnamon, ginger and vanilla. Add the spices to the paint that matches the color of the spice and paint! Turmeric – yellow, chili – red, vanilla – white, ginger – orange, cinnamon – brown. Add a teaspoon of each spice to the paint. Then paint!

MATH

Color by shape – fruit bowl - [here](#)



OUTDOOR
ACTIVE

EXPLORING THE GREAT OUTDOORS

Go outside and gather, grass, flower petals, herbs (if you have) leaves, anything that has a smell. Then just explore all the different types of smells that you experience outside. (keep everything you gathered for your indoor active later)

SESSION 2

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

SCIENCE

Guess that smell – take a few different items that your child may recognize – ground coffee, onion, cinnamon, lemon, and black pepper. Blindfold your child and have them guess what they are smelling. Use the nose you made earlier in the day to have them sort the items by *like* and *don't like*.

LEARNING

[Print out this worksheet](#) to draw a line from the nose to items they can smell. Have your child color in the worksheet and see if they can identify what a nose can smell.

NATIONAL GEOGRAPHIC

See different noses and learn how not all animals use their nose to smell.

- [Nifty Noses](#)
- [Fun Facts](#)

INDOOR
ACTIVE

SMELL POTION

Take all your findings lay it all out by what they are – add to a jar or cup with water. Start adding different things and see what smells you get. You can be the judge of what your child makes – good, bad, deadly, etc.

FOOD

THINK ABOUT HOW IT SMELLS

Snack: Granola bar and apples

Lunch: Chicken fingers and rice

Snack: Yogurt

Dinner: Homemade pizza (or pita pizza)

WEEKLY THEME:

5 SENSES

Developed by Iris Ostrin

DAY TWO: WHAT'S THIS I TASTE?

SESSION 1

STARTER: What do you use to taste things? Answer: your **Tongue!** Learn about the different types of tastes – salty, sweet, sour bitter.

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

ACTIVITY

Draw large lips. Then create a tongue with labels of sweet, salt, sour and bitter. Sweet at the tip, two salty, then two sour, and bitter at the back – like seen in picture.

BOOK

Listen to the book 'Yum! A book about taste' - [here](#)

ART

Give your child a few different types of food and have them create a picture (red peppers, orange slices, yellow pepper, cucumber, and red grapes – they can place them on a plate to make it look like a rainbow). You can also take half an apple, pear, celery, and any other hard food and put paint on it and use them as stamps.

WHO AM I?

Guess the animals mouth



INDOOR
ACTIVE

MAKE JELL-O

Make a few (or just one) flavors/colors and then play with it!

SESSION 2

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

MATH

You can take Froot Loops (or any of their favorite cereal) and place a minus sign in the middle of a paper. Then have them subtract. (For example, 3 Froot Loops on the left and 1 Froot Loop on the right) As they subtract they can eat the cereal.

GAME/SCIENCE

Explore the different types of tastes with a Taste test – take (examples: crackers, lemon, grapes, dark chocolate, M&M's, lettuce, oranges, pretzels) then categorize them – salty, sweet, sour, bitter.

WORKSHEET

Identify taste to picture and color something you like the taste of and something you don't: [using this worksheet](#)

OUTDOOR
ACTIVE

EXPLORING THE GREAT OUTDOORS

Go outdoor and see if you can find anything you could taste (but don't actually taste it) See if you can find berries, flowers, or herbs. Who tastes a flower? Who eats leaves or berries?

FOOD


HOW DOES IT TASTE? SWEET, SOUR, ETC.

Snack: Fish crackers and apples

Lunch: Meatballs and spaghetti

Snack: Chips and oranges

Dinner: Ravioli in sauce and veggies

 <p>Little COMPASS</p> <p>www.little-compass.com</p>	<div>WEEKLY THEME:</div> <div>5 SENSES</div> <div>Developed by Iris Ostrin</div>
	<div>DAY THREE: WHAT'S THIS I SEE?</div>
<div>SESSION 1</div>	<div> <div> STARTER: What do you use to see? Answer: Your Eyes! We are going to learn about our eyes and how they work in different ways. </div> <div> BOOK Listen to ‘Look! A book about Sight’ -here </div> <div> GAMES Guess Who – If you have the game Guess who you can play – this is a great way to see how you use your eyes to observe things. If you don’t have the game, then you can play Pictionary – Have one person draw a picture and the other guess what it is. This is a great way to explore how our eyes help us decide what it is we see. </div> <div> ART What can you look through to see things differently? Binoculars! Create your own binoculars using toilet paper rolls, decorate them however you want – crayons, markers, paint, stickers and glue them together. We will use these later for our outdoor activity. (Click here for ideas) </div> <div> MATH How many do you see? This lets your child explore shapes using their sight. They can color in the shapes as well. </div> </div>
<div>OUTDOOR ACTIVE</div>	<div> <div> EXPLORING THE GREAT OUTDOORS </div> <div> With your binoculars look through them to see how you can see things differently. Also bring a magnifying glass to see how you can see things bigger. There are so many things to see outdoors and different ways to explore them. </div> </div>
<div>SESSION 2</div>	<div> <div> <i>*Choose 2-3 activities for 20 minutes each, with short transition breaks in-between</i> </div> <div> DO-A-DOT Have your child wear an eye patch (or find a way to cover one eye) Print the same page 3 times. First, have them do the page with both eyes. Then have them do a Do-a-dot page with one eye and then with the other. This will show them how using both eyes help them. (If you don't have the dot paints, then you can use stickers). </div> <div> CAN YOU BUILD IT? Build with Lego (or other blocks you have) and describe what you built to your child. Then have them recreate what you built just by description. (I.e. first a flat light blue piece, a six-red piece, and then a person on top). Depending on their level/age they can describe it to you to make it. This teaches them how our eyes help us see things. </div> <div> SCIENCE Make a suncatcher – There are different ways to do this. Here are a few </div> </div>
<div>INDOOR ACTIVE</div>	<div> <div> I-SPY </div> <div> This is our favorite! You can play around the house I spy. If you have the I-Spy book or Where’s Waldo (Wally) you can use them instead. All options are great, and you can spend a good amount of time doing them. Another option, if you don’t have those books and want to use a book, get your favorite picture book and create your own I-Spy with it. </div> </div>
<div>FOOD</div>	<div> <div> WHAT DO YOU SEE? WHAT COLORS, SHAPES? EXPLORE YOUR FOOD </div> <div> Snack: Fruit and granola bar Lunch: Pasta Bolognese Snack: Cookies Dinner: Eggs and Toast with cut veggies </div> </div>

WEEKLY THEME:

5 SENSES

Developed by Iris Ostrin

DAY FOUR: WHAT'S THAT I HEAR?

SESSION 1

STARTER: What do you use to hear? Answer: Your **Ears!** Think about the different sounds there are around you. Loud sounds, soft/low sounds. Close your eyes and what do you hear?

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

ACTIVITY

Print out two large ears and color them in. Then create a headband with them. This is a fun way to start the day to get your child into the sense of hearing. - [Like this one](#)

MUSIC

Take out all the musical instruments you have around the house and make some noise! Play each instrument to hear the different sounds. See how some are the same and some are different. You can also play loudly and softly.

ART

Create your own instrument! There are so many different sounds that come from different instruments. Pick one or all and create sounds of your own.

- Wind instrument: By simply using straws and paper you can make a wind instrument – [see here](#)
- String instrument: Rubber bands and a box with no top – and there you have a guitar! [See instructions here.](#)
- Shakers: A classic in my house. There are so many ways you can create a shaker- paper plate folded in half with rice in the middle, a tin can filled with rice, a toilet paper roll filled with rice, and something blocking the top/bottom with a rubber band. Each one will sound different depending on the object you use on the outside. What you put on the Inside can also affect the sound: rice, barley, beans, etc.

BOOK

Listen to

- [‘The Very Quiet Cricket’](#)
- [Polar Bear, Polar Bear, What Do You Hear?’](#)

OUTDOOR
ACTIVE

GO OUTSIDE LAY ON THE GRASS OR A MAT ON THE GRASS

Close your eyes and listen to the sounds around you. What do you hear? Wind, bees, birds? Explore the world around you, what can you find that makes noise?

Alternatively, [go on a sound walk](#)

SESSION 2

**Choose 2-3 activities for 20 minutes each, with short transition breaks in-between*

WHICH ANIMALS ARE LOUD, AND WHICH ARE QUIET?

Discuss different animals and the sounds they make. (Bear, lion, Giraffe, mouse, rabbit, etc.) Are they loud or quiet?

SCIENCE

In 5-10 covered cups or containers place different objects around the house. Have your child guess what is in each cup. You can have one of the items of each cup out of the cup and they can place the cup by the item to see if they were right or wrong. For example, fill a cup with paper clips, marbles, coins, and rice. Then place some rice, paper clips, a marble, and a coin on the table. That way your child has an idea of what could be in the cup and can place each cup near the item they think is inside the cup).

Math

What makes a sound? Place various objects in a pile. Have your kids sort things by what makes a sound and what doesn't. (Ideas for objects – plastic water bottle, feather, bead/bells, paper, lemon (or any fruit), keys, shoes)

INDOOR
ACTIVE

EXPLORE SOUND WAVES!

There are two ways to do this – you can do one or both. Take a piece of string and a spoon Place the spoon in the center and place the ends of the string by your ears – hit the spoon and hear the sound. You can also do this with a wire hanger. For more details read here:

- [Here is the spoon way.](#)
- [Here is the hanger way.](#)

FOOD


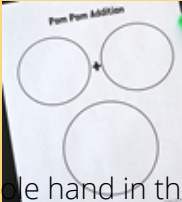
WHAT DO YOU HEAR WHEN YOU EAT? DOES YOUR FOOD MAKE NOISE?

Snack: Pretzels and apples

Lunch: Cut veggies, hotdogs in a toasted bun

Snack: Fruit and chips

Dinner: Grilled cheese and cut veggies

<div>  <p>Little COMPASS</p> <p>www.little-compass.com</p> </div>	<div> <p>WEEKLY THEME:</p> <h1>5 SENSES</h1> <p>Developed by Iris Ostrin</p> </div>
<div> <p>SESSION 1</p> </div>	<div> <p>STARTER: What do you use to touch? Answer: Your Hands! Learn about the different types of textures you touch. Soft, fluffy, sharp, rough, spikey, smooth, etc.</p> <p><i>*Choose 2-3 activities for 20 minutes each, with short transition breaks in-between</i></p> <div> <div> <p>BOOK</p> <p>Listen to 'Soft and Smooth, Rough and Bumpy: A Book About Touch'</p> </div> <div>  </div> </div> <div> <p>ART</p> <p>Finger painting! Have your kids explore with finger paints, dip their finger or whole hand in the paint and have them paint whatever they'd like.</p> </div> <div> <p>SCIENCE</p> <p>Explore different textures. Find different crafts or object you have around the house and categorize them by their feel. You can trace your child's hand, cut out 5 hands, and label each hand soft, rough, smooth, fluffy, sharp/spikey (or any other texture your child wants). Find things around the house and place them on the hand that they belong to.</p> </div> <div> <p>MATH</p> <p>Pom-pom math. Create a math sheet for addition and subtraction (Higher level: multiplication and division Lower level: matching) You can use dice to decide how many pom poms go in each circle. (If you don't have pom poms, use some other textured object) The sheet can look something like the picture above.</p> </div> </div>
<div> <p>OUTDOOR ACTIVE</p> </div>	<div> <p>GO OUTDOORS RUN AROUND BAREFOOT</p> <p>How does the grass feel on your feet? How does the bark of a tree feel? What other textures do you feel outdoors?</p> </div>
<div> <p>SESSION 2</p> </div>	<div> <p><i>*Choose 2-3 activities for 20 minutes each, with short transition breaks in-between</i></p> <div> <p>COLOR-IN DIFFERENT TEXTURES</p> <p>Draw something soft, hard, causes pain (i.e. fire, rock) Use this for ideas</p> </div> <div> <p>SCIENCE</p> <p>Feeling something different. We are used to boiling an egg and it coming out with a hard shell– but not with these 2 ingredients! Info here (Note: results only show after 2 days – but it's worth it)</p> </div> <div> <p>SHAVING CREAMING PAINT</p> <p>Take shaving cream and drizzle some washable paint over it. Then have the kids play with it. They can lightly press the shaving cream on a sheet of paper (but not too hard) and then let it dry. It will dry with some texture to it.</p> </div> </div>
<div> <p>INDOOR ACTIVE</p> </div>	<div> <p>TAKE 4 BOWLS FILL THEM WITH DIFFERENT TEXTURES.</p> <p>Blind fold your child and have them guess what the object is.</p> </div>
<div> <p>FOOD</p> </div>	<div> <p>WHAT TEXTURES DO YOU FEEL IN YOUR MOUTH?</p> <p>Snack: Rice cakes and fruit</p> <p>Lunch: Deli meat sandwiches and fresh veggies</p> <p>Snack: Granola bar and fruit</p> <p>Dinner: Mac n cheese and veggies</p> </div>