



Activity 1

SCIENCE and NATURE

Five Senses Discovery Walk

In this episode, Mary and Mike discovered how using our five senses helps us to learn about the world around us. They had fun exploring the outdoors on a fall day. They paid attention to what they could see with their eyes, hear with their ears, touch with their hands, smell with their noses, and taste with their tongues. Now it is your turn to use your five senses!

VA Unified Early Learning and Development Standards

- ✓ APL1.1 Being curious learners
- ✓ APL1.2 Being active explorers
- ✓ APL3.2 Building working memory
- ✓ HPD1.1 Learning through all senses
- ✓ HPD3 Fine motor skills
- ✓ HPD4.4 Eating with healthy habits
- ✓ CD1.1 Paying attention to the natural world
- ✓ CLLD1.2 Using vocabulary and non-verbal cues to communicate
- ✓ CLLD2.2.1 Paying attention to print as meaningful

Materials Needed

- Paper
- Recording sheet (provided below)
- Pencils, crayons, or markers

Directions

Take a walk outdoors with your child(ren). If the weather is messy, you could even explore indoors! As you walk, guide your child(ren) to be mindful of the things you see, hear, smell, touch/feel, and maybe even taste. Talk about these discoveries and ask questions that compare the items you find. (*How does this leaf feel between your fingers? Is it rough or smooth? How is this oak tree leaf different from this dogwood tree leaf?*) Encourage thoughtful communication by modeling vocabulary words to describe what you see, hear, smell, touch/feel, and taste.

Provide your child(ren) with several food options to “*taste*”, to discourage them from picking up something off the ground and tasting it! Choose foods with varying tastes to encourage your child(ren) to compare and contrast what they taste like. For example, raisins are soft and sweet, while crackers are hard and salty.

Examples of Vocabulary to Use on Your Nature Walk

| I SEE | I HEAR | I SMELL | I FEEL | I TASTE |
|-------------|-------------|----------|--------------|----------|
| Colorful | Loud/Soft | Scent | Smooth/Rough | Juicy |
| Opaque | Quiet/Noisy | Aroma | Hard/Soft | Tangy |
| Translucent | Echo | Earthy | Scaly | Sweet |
| Reflection | Whisper | Flowery | Bumpy | Salty |
| Shadow | Shout | Perfume | Knobby | Spicy |
| Dark/Light | Volume | Sweet | Spiky | Bland |
| View | Shrill | Bouquet | Silky | Tart |
| Observe | Melody | Crisp | Squishy | Sour |
| Glimpse | Chatter | Fragrant | Hot/Cold | Bitter |
| Notice | Squeak | Fresh | Wet/Dry | Savory |
| Bright | Singing | Putrid | Poke | Palette |
| Dreary | | Stinky | Prod | Flavor |
| | | Rotten | Rub | Appetite |
| | | | | Eat |

Extra Challenge

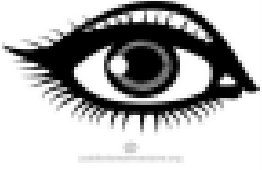




When a scientist learns about new things, they record their observations and discoveries. Encourage your child(ren) to be scientific with their observations by recording what they see, hear, smell, touch, and taste during your walk!

You can make a list, take photos or videos on your phone or tablet, or draw pictures. You can create a “Five Senses Book” with your child(ren)’s observations. The next page includes an example to get you started!

Book Connections

- ***The Listening Walk*** by Paul Showers
 - A little girl and her father take a quiet walk and identify the sounds around them.
- ***I Hear a Pickle*** by Rachel Isadora
 - A Caldecott Honor winner provides a sweet and simple introduction to the five senses.
- ***Big Smelly Bear*** by Britta Teckentrup
 - A fun story about a bear who won’t take a bath and the consequences he faces.
- ***Me and My Senses*** by Joan Sweeney
 - A sweet book that introduces children to our five senses and how they help us learn about the world.

My Five Senses Discovery Walk

| | |
|---|---------|
|  | I see |
|  | I smell |
|  | I hear |
|  | I feel |
|  | I taste |