Day 104: My Five Senses

Explore the world thoughtfully

Learn together

Our senses help us learn about the world. Invite children to describe what they can see, hear, smell or feel safely; tasting should only involve familiar, approved foods and adult guidance. Some people experience senses differently, and some sounds, textures or smells may feel uncomfortable. Respect those differences.

Activity 1 — Think and write or draw

Choose a safe object and describe it using two senses.

My ideas / drawing:

Activity 2 — Try it

■ I tried the activity ■ I asked a question ■ I shared what I noticed

What did I notice or learn?

Activity 3 — Challenge

Can you explain your idea to a family member, teacher or friend? What would you like to try next?

Grown-up note: Keep the activity age-appropriate, supervise where needed, and celebrate curiosity and effort.