

We respectfully acknowledge that the land on which we gather is the unceded, traditional, and ancestral territory of the Coast Salish Peoples, including the territories of the xʷməθkʷəy̓əm (Musqueam), Skwxwú7mesh (Squamish), and Səlilwətaʔ/Selilwitulh (Tseil-Waututh) Nations.

FIVE SENSES

Living Inquiry - Engagement with Others, Materials and the World

Type of Play Experience - Collaborative with Free Play

WHAT

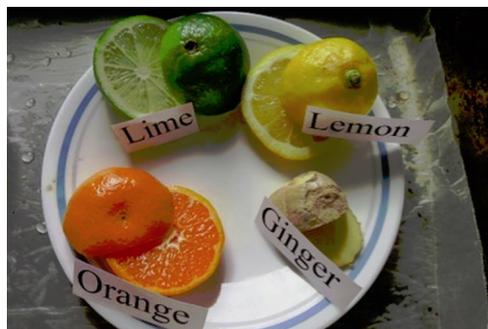
- Connecting with nature through our five senses: touch, taste, see, hear and smell.

CREATE THE ENVIRONMENT

- Go on a scavenger hunt outside—collect nature items in a bag. Bring them home and sort them.
- **Smell** the flowers. **Touch** the sticks and rocks for texture. **See** the different colours. **Hear** the noises rocks make when they clang together. **Taste** the vegetables from the garden.
- Use descriptive words to talk about the five senses like taste (e.g., crunchy, salty), touch (e.g., cold, squishy), smell (e.g., sweet, strong), sight (e.g., colourful, round) and sound (e.g., loud, soft). (Let's Play Activities for Families, p. 63)



- Do a taste with spices, fruits and vegetables. Use ingredients special to your own culture and talk about why you cook with them. Share any special recipes passed down from your elders.
- Use descriptive words to talk about the five senses like taste (e.g., crunchy, salty), touch (e.g., cold, squishy), smell (e.g., sweet, strong), sight (e.g., colourful, round) and sound (e.g., loud, soft). (Let's Play Activities for Families, p. 63)



WHY

- Children learn through the five senses.
- Through exploration of cultural ingredients, children gain better understanding of the history and language of their own culture.
- By collecting natural items, children learn to respect the natural world.
- These activities can be used for math, science and social studies.

HOW

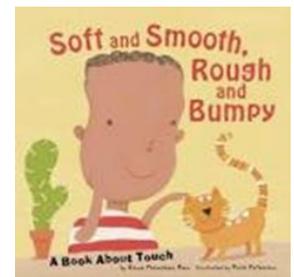
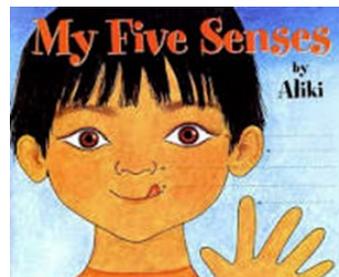
- Ask questions that encourage children to make guesses (e.g., “where did it come from?” or “what do you think this will taste like?”).
- Experience deeper by isolating one sense (e.g., “close your eyes and tell me how it tastes”).
- Use a variety of spices, foods and outdoor nature items, even if it is unfamiliar to you.

WHERE/WHEN

- You can do these activities indoors or outdoors.
- You can do these activities anytime of the day. Note that different seasons may bring about different materials and ingredients for exploration.

BOOKS

- My Five Senses by Aliki
- Soft and Smooth, Rough and Bumpy by Dana Meachen Rau



SONG

Sing a Song of Senses (Tune: The Farmer in the Dell)

We use our tongues to taste, we use our tongues to taste. We taste the flavours in our food, we use our tongues to taste.

We use our ears to hear, we use our ears to hear. We hear noises loud and soft, we use our ears to hear. We use our eyes to see, we use our eyes to see. We see colours all around, we use our eyes to see.

We use our noses to smell, we use our noses to smell. We smell flowers and perfume, we use our noses to smell.

We use our hands to touch, we use our hands to touch. We touch things both smooth and rough, we use our hands to touch.

REFERENCES

Play Today Activities for Families—<https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/lets-play-activities-for-families.pdf>

Play Today A Guide for Families—https://www2.gov.bc.ca/assets/gov/education/early-learning/teach/earlylearning/play_today_family_guide.pdf

Appetite to Play—<https://www.appetitetoplay.com/>

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