KidsHealth in the Classroom

KidsHealth.org/classroom

Teacher's Guide

This guide includes:

- Standards
- Related Links
- Discussion Questions
- Activities for Students
- Reproducible Materials

Standards

This guide correlates with the following National Health Education Standards:

Students will:

- Comprehend concepts related to health promotion and disease prevention to enhance health.
- Demonstrate the ability to access valid information and products and services to enhance health.
- Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

National Health Education Standards: www.cdc.gov/healthyschools/sher/standards/index.htm

PreK to Grade 2 • Human Body Series

The Five Senses

You use them every day to get to know and understand the world around you. What are they? Your senses! The five senses — seeing, hearing, smelling, tasting, and touching — help us to learn about our surroundings. The following activities will help your students explore their senses.

Related KidsHealth Links

Articles for Kids:

Your Eyes
KidsHealth.org/kid/htbw/eyes.html

Your Ears
KidsHealth.org/kid/htbw/ears.html

Your Nose
KidsHealth.org/kid/htbw/nose.html

Your Tongue
KidsHealth.org/kid/htbw/tongue.html

Your Skin
KidsHealth.org/kid/htbw/skin.html

All About Your Senses: Experiments to Try
KidsHealth.org/en/kids/experiment-main.html

Discussion Questions

Note: The following questions are written in language appropriate for sharing with your students.

1. When you wake up in the morning, what are the first things you see? Hear? Smell? Touch? Taste?
2. What can we do with our senses? Why do we need our senses?
3. What can your senses tell you about a flower? A dog? A spider? A carrot? Can you use more than one sense at a time?
4. Which parts of the body help you see? Which parts of the body help you hear? Which parts of the body help you smell? Which parts of the body help you taste? Which parts of the body help you touch?
5. How can your sense of smell keep you safe?

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The Five Senses

Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Detective Sense!

Objectives:

Students will:

- Identify basic body parts (eyes, ears, nose, mouth, hands) and their functions
- Investigate how the five senses provide information

Materials:

- "Detective Sense! Station Set-Up" handout for teachers
- "Detective Sense! Record Sheet" handout for students
- Materials for each station (See "Detective Sense! Station Set-Up" handout for teachers for more details. Materials include plastic containers with lids, marbles, paper clips, rice, water, sand, glass baby jars with lids, cotton balls, vinegar, orange extract, vanilla extract, garlic paste, crackers, raisins, lemon drops, brown paper bags, pipe cleaners, feathers, pom poms, sandpaper, cloth samples, modeling clay, and so on. Of course, other materials may be substituted at each station.)

Class Time:

40 minutes

Activity:

Your five senses — seeing, hearing, smelling, tasting, and touching — help you notice the world around you. They're pretty powerful! You use your eyes to see, your ears to hear, your nose to smell, your tongue to taste, and your skin to feel.

You're going to explore how your senses work, and what kinds of information they tell you. You'll be working with a partner at each station. Be sure to keep track of what you notice on your record sheet!

- ***Seeing Station***: Look at the pictures in the first column. Then look at the pictures in the second column. Are they the same? If not, what's different?
- ***Hearing Station***: There are five different sealed containers. One holds a marble, one holds a paper clip, one holds some rice, one holds water, and one holds some sand. Shake each container. What do you hear? Can you tell what is in each container?
- ***Smell Station***: There are 4 containers, each with something inside. What do you smell? Does the smell remind you of something? Can you tell what is in each container?
- ***Taste Station***: There are 3 samples to taste (you might know what they are). How would you describe the taste of each sample? Is it sweet? Salty? Bitter? Sour?
- ***Touch Station***: There are 4 "mystery" bags. Close your eyes and put your hand in each bag. What do you feel? What do you think is in each bag? (Don't worry — there's nothing that can hurt you in the bag!)

Once you've visited all of the stations, be ready to share your discoveries with your class!

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KidsHealth in the Classroom

PreK to Grade 2 • Human Body Series

The Five Senses

A Sensory Walk

Objectives:

Students will:

- Use their senses of seeing, hearing, and smelling to describe different places in or outside of school

Materials:

- Plain paper
- Art materials (colored pencils, markers, crayons)

Class Time:

40 minutes

Activity:

You are going to take a walk with your class. If it's good weather, maybe you can go outside. Otherwise, you can walk around your school, going to places like the gym, the cafeteria, and the office. Pay very close attention to what you see, hear, and smell. (No tasting on this walk, though you might find some things you can touch!) What information do you get from your senses about these places?

When you return to your classroom, draw a picture of one of the places you visited on the walk. Think of a way to show the sounds you heard. If your sense of smell noticed something, how can you show that? When you're finished, share your drawing with a classmate.

Extensions:

1. It's movie time! Watch How the Body Works videos about each of the five senses at: KidsHealth.org/en/kids/center/htbw-main-page.html

2. Use the KidsHealth articles in Spanish (click the "en Español" button in the English articles) to teach students the Spanish words for "eyes," "ears," "nose," "tongue," and "skin."

Reproducible Materials

Handout: Detective Sense! Station Set-Up
KidsHealth.org/classroom/prekto2/body/functions/senses_handout1.pdf

Handout: Detective Sense! Record Sheet
KidsHealth.org/classroom/prekto2/body/functions/senses_handout2.pdf

Quiz: The Five Senses
KidsHealth.org/classroom/prekto2/body/functions/senses_quiz

Answer Key: The Five Senses
KidsHealth.org/classroom/prekto2/body/functions/senses_quiz_answers.pdf

KidsHealth

KidsHealth.org is devoted to providing the latest children's health information. The site, which is widely recommended by educators, libraries, and school associations, has received the "Teachers' Choice Award for the Family" and the prestigious Pirelli Award for "Best Educational Media for Students." KidsHealth comes from the nonprofit Nemours Foundation. Check out www.KidsHealth.org to see the latest additions!

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For Teachers: Detective Sense! Station Set-Up

Seeing Station

Make 6 or more copies of the two-columned pictures. It may be helpful to keep these copies in sheet protectors. *Three pairs of students can visit this station at the same time.*

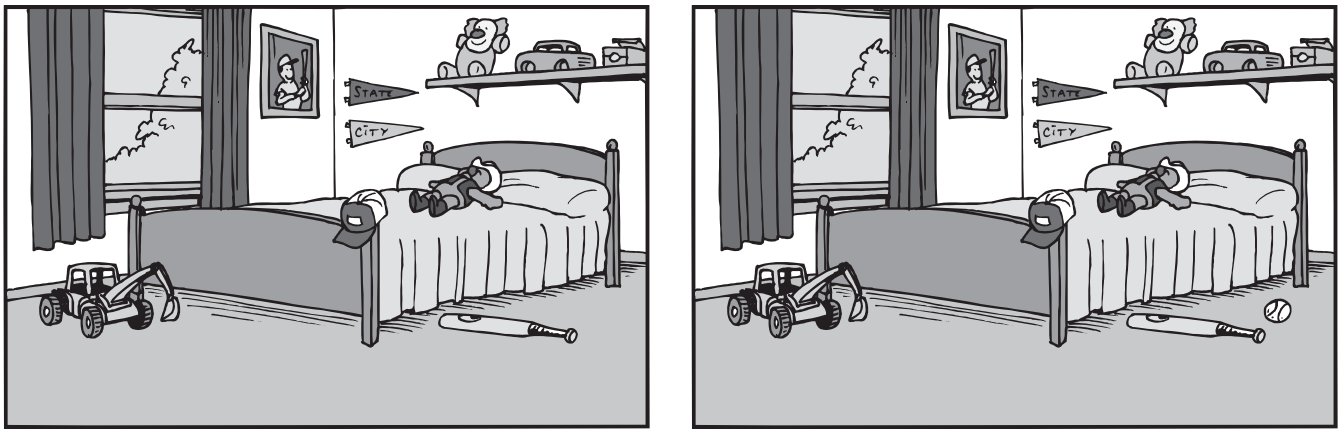
1

2

3

1 2 3 4 3 2 1 1 2 3 4 5 3 2 1

4



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For Teachers: Detective Sense! Station Set-Up

Hearing Station

In 5 small containers, place a marble, a paper clip, rice, water, and sand. The containers should not be transparent and should be sealed and labeled.

Two pairs of students should be able to work at this station at the same time.

Smelling Station

You will need 4 small containers, cotton balls, water, vinegar, orange juice or extract, and vanilla extract (or other fragrant materials like cloves, cinnamon, garlic, pickle juice, and so on). Place 1 or 2 cotton balls in each jar, and then add some fragrance, so that the cotton ball is damp. Close the lids tightly. Label each container.

Two pairs of students should be able to work at this station at the same time.

Tasting Station

You will need 3 different, small tasting samples. Plan to have enough for each student to taste each sample. Food choices may include crackers, lemon drops, or peppermint. Try to vary the flavors involved.

[Note to instructor: Make sure no students have allergies to the samples. Or send home permission slips a few days before this activity naming each type of food to make sure students aren't allergic to any of these foods. Also, make sure to remind students they shouldn't normally taste things if they don't know what they are. Explain this experiment is OK because you know everything is safe.]

Two pairs of students should be able to work at this station at the same time. Remind students that they only get to try each sample once!

Touch Station

You will need 4 brown paper bags and a variety of materials for students to feel. These materials may include pipe cleaners, sandpaper, silk and/or velvet cloth samples, pom poms, feathers, plastic straws, modeling clay, and so on. Place one material in each bag. Label each bag.

Two pairs of students should be able to work at this station at the same time.

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KidsHealth in the Classroom

Human Body Series

Five Senses

Name: **Date:**

Detective Sense! Record Sheet

Seeing Station

Look at the pictures on the left. Then look at the ones on the right. Are they the same? If not, what's different?

1. Circle: Same or Different. Why?

2. Circle: Same or Different. Why?

3. Circle: Same or Different. Why?

4. Circle: Same or Different. Why?

Hearing Station

Shake each container. What do you hear? Can you tell what is in each container? How do you know?

marble paper clip rice water sand

1.

2.

3.

4.

5.

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KidsHealth in the Classroom

Human Body Series

Five Senses

Name: **Date:**

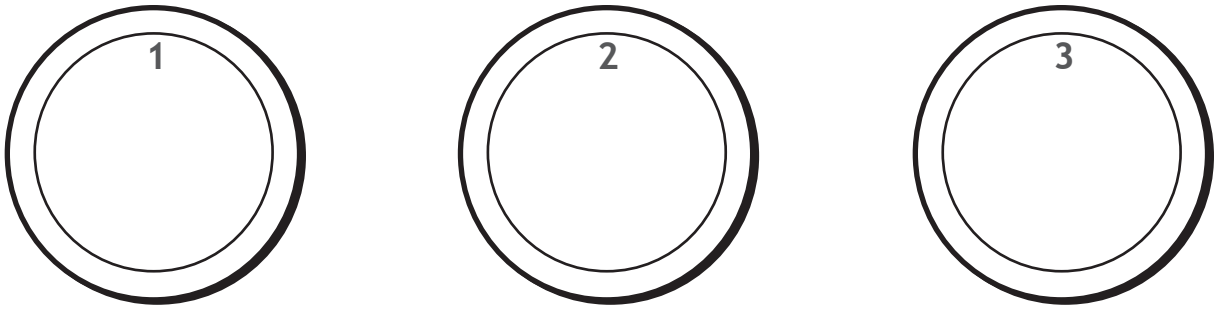
Detective Sense! Record Sheet

Smelling Station

What do you smell? Does the smell remind you of something? Can you tell what is in each container?

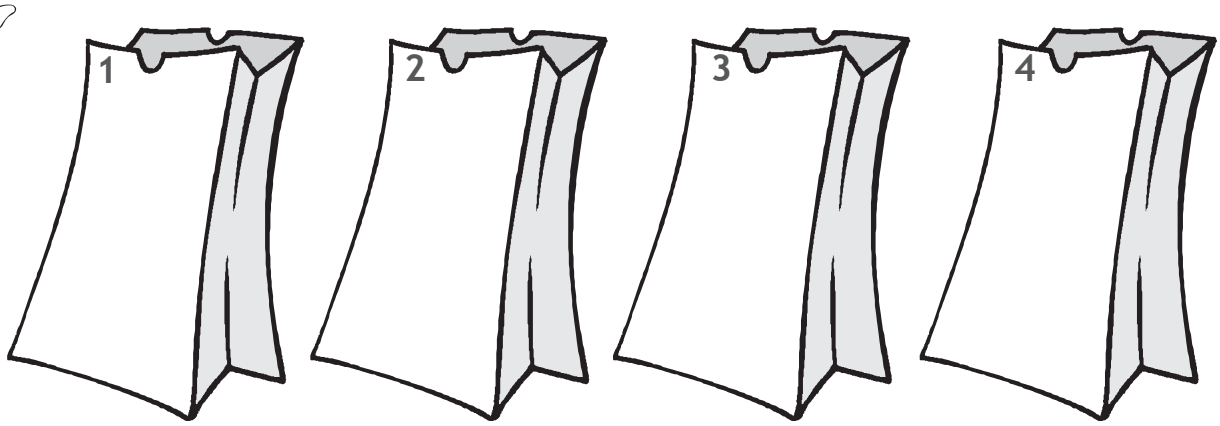
Tasting Station

How would you describe the taste of each sample? Is it sweet? Salty? Bitter? Sour? Sweet?



Touch Station

Close your eyes and put your hand in each bag, one at a time. What do you feel? What do you think is in each bag?



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KidsHealth in the Classroom

Human Body Series

Five Senses

Name: **Date:**

Quiz

Instructions: Match each sense with its body part.

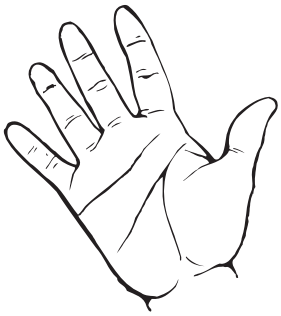
seeing

hearing

smelling

tasting

touching



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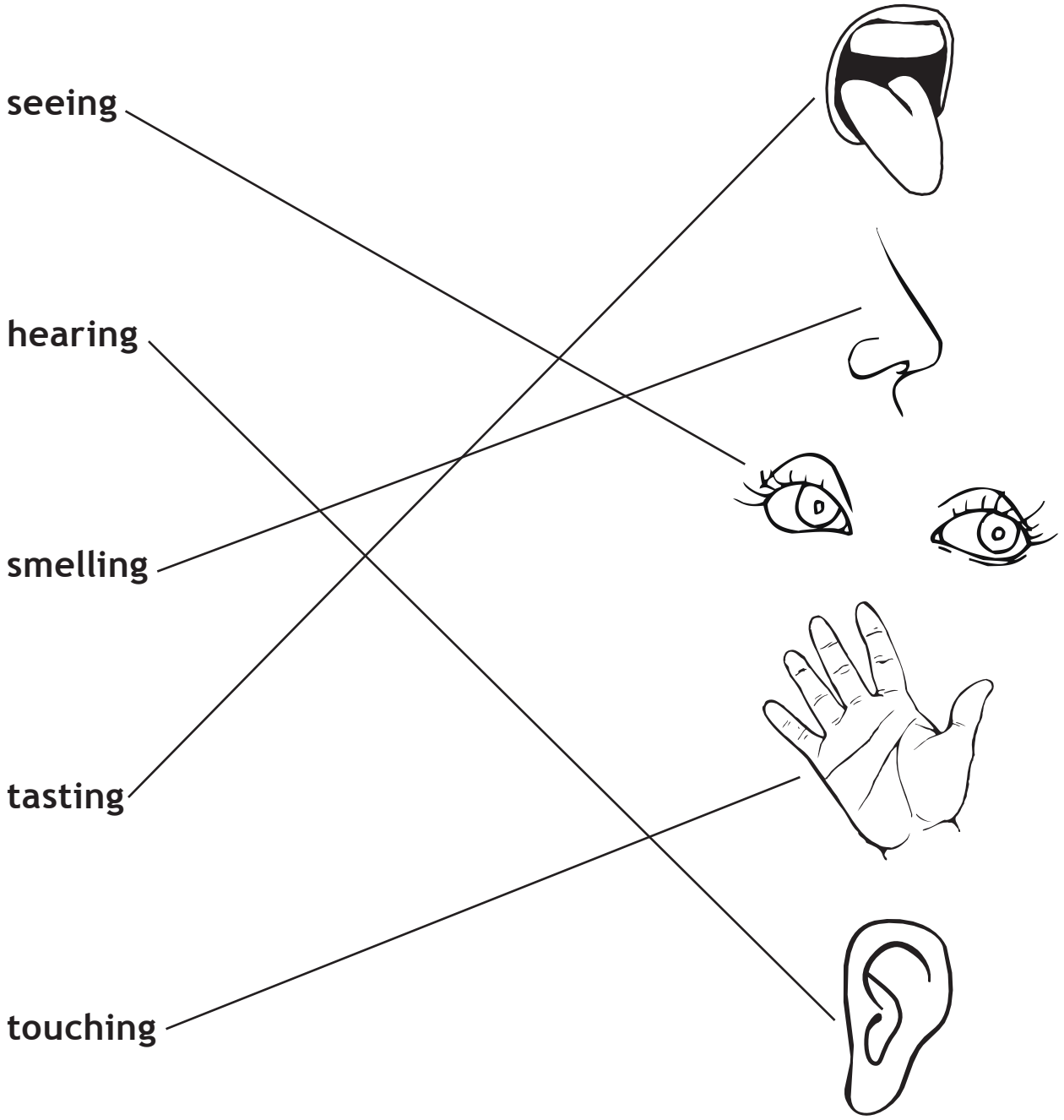
KidsHealth in the Classroom

Human Body Series

Five Senses

Answer Key



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