



5 Senses

Ages 1 year—2 years

Objective: Given different objects, the child will explore and use their senses to learn.

Materials needed:

- Empty water bottles (filled half way with rice and beans) (Use as a noise maker for sounds)
- Hard and Soft items for feeling (I. e. large cotton balls, large rocks, wash cloths, hard books)
- Applesauce and/or Yogurt (for tasting)
- Magazine with a lot of pictures for seeing
- Baby lotion for smelling

Procedures

1. Use the materials above to explore your child's five senses with them.
2. The baby lotion, rub on their arm or legs and show them how you smell it. Talk and use your words to tell your child how it smells. Teach, "you smell with your nose"; point to their nose.
3. The magazine pictures, sit with your child and flip through the pages, looking at and discussing



5 Senses

Ages 1 year—2 years

the pictures together. Use describing words and easy vocabulary when teaching and talking.

4. The food, let your child try a few different flavors, and use your words to discuss to your child what they may taste. Such as; "Yummy, yogurt and applesauce taste sweet."

5. Hard and soft items, use to teach your child how to touch the objects. Use words to describe to your child how each object may feel, soft or hard.

6. The water bottle shaker, use to teach noises and sounds to your child. Shake it fast and slow, loud and quiet, to teach those concepts. Allow your child to hold and shake the bottle on own, too.

Milestones to meet:

The child can use their senses to explore things and associate meaning to known objects.

Evaluation:

Did this lesson work for your child? Why or why not?