



# Cognitive: 5 Senses

## Ages 1 year to 2 years

**Objective:** Given different materials, the child will begin exploring and learning using their senses.

**Materials needed:** (any/all of the following)

Baby powder

A Ziploc bag of flour and water mixed (mix after sealing bag tight to make a dough)

Applesauce or something they can taste

Rainbow picture (print from resources page)

Rattles OR A water bottle with rice inside

### Procedures

1. Print the book and read it to your child.  
"My 5 Senses" (print from resources page)
2. Now use the materials above to explore their own senses with them.
3. The baby powder to smell through lid.
4. The bag of dough to touch and feel.
5. The applesauce to taste.
6. The rainbow picture to see. Make sure you



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go through all of the colors, saying them to your child as you point to each.

7. The rattles (or noise bottles you made with rice inside) to make noises to hear sounds.

8. As you explore each of these items, make sure you associate each with the sense it correlates with. Such as: While your child is exploring with the "dough bag" ask, "What do you feel?" - this makes them aware they are touching something.

9. Be creative, think of other things around your house you can use to explore your child's 5 senses!

### **Milestones to meet:**

The child can use their senses to explore things and associate meaning about them.

### **Evaluation:**

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