

## Other 'Senses' Activity Ideas for Parents and Carers

- Go on a 'sound' walk. As you walk along, listen carefully to all the sounds you can hear. Write them down as your child tells you.
- Make a 'smell' quiz game. Fill paper cups with different substances, then cover the top with a paper towel with a small hole cut in it, secured with an elastic band. See if your child can guess what they are by smelling them. Some suggestions are vinegar, shampoo, coffee, cocoa, lemon juice, toothpaste.
- Find out about Louis Braille, who invented the Braille system for blind people.
- Blindfold your child and then guide them on a walk around the house by giving instructions. Or give them an object and ask them to guess what it is by feeling it.
- Humans can identify 5 different tastes – sweet, salty, bitter, sour and 'umami' or savoury. Let your child taste the following things: grapefruit (sour), very dark chocolate (bitter), potato crisps (salty), honey or syrup (sweet) and yeast extract (savoury). Can they link them to the correct taste? Which part of their tongue can they taste them the most?