

Winter Senses: Sight

What is Sight?

We use our eyes to observe things around us, and our sense of sight helps us to perceive objects' colour, size, and shape.



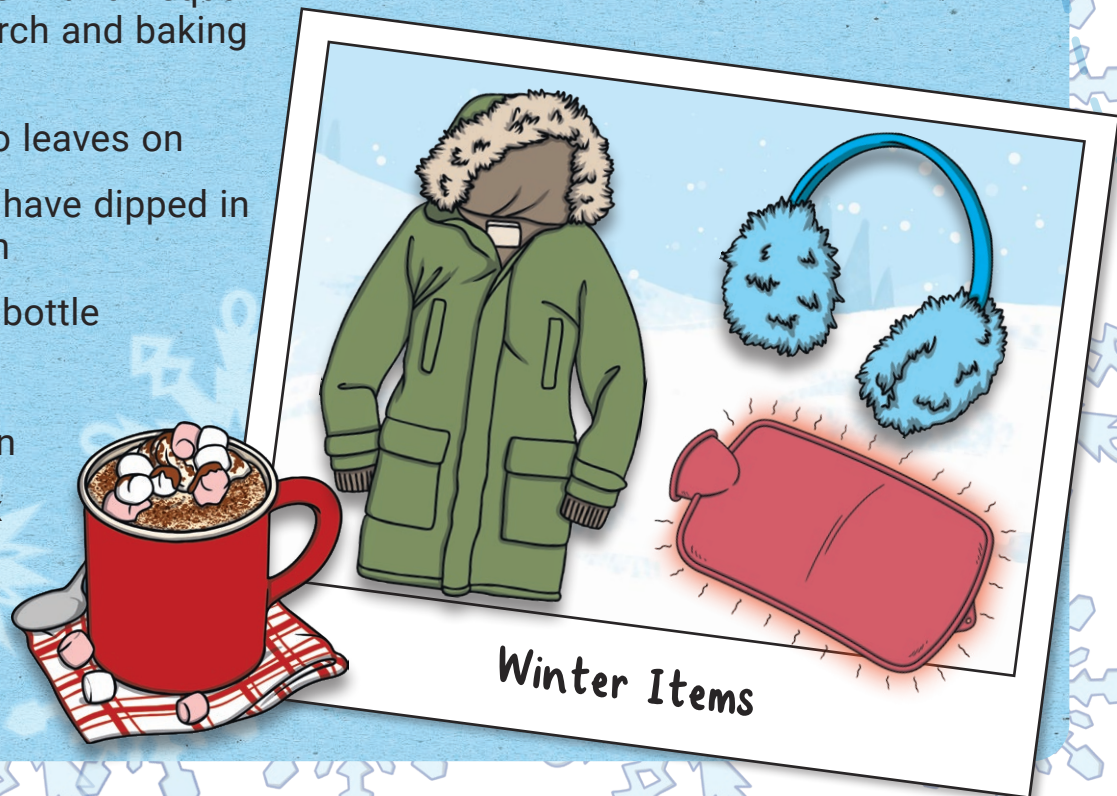
Using Our Sense of Sight During Winter

Create a winter table and place various different items on there for children to look at.

These items can include:

- Winter clothing such as a jersey, gloves, a beanie and scarf
- Fake snow made with an equal ratio of corn starch and baking soda
- A branch with no leaves on
- Leaves that you have dipped in water and frozen
- An empty water bottle
- A mug
- Hot chocolate tin
- Cup of soup box

Place a white or blue tablecloth over the table with boxes or containers underneath the tablecloth to create depth and height to place your items on. Add magnifying glasses to your table for children to explore!



Winter Items

Winter Senses: Smell

What is Smell?

Our sense of smell is through our nose. We use our noses to smell scents that are fruity, spicy, flowery, fresh, and sometimes foul and smelly.

Using Our Sense of Smell During Winter

Fill empty containers or jars with the following items:

- Ice cubes
- Pine tree sprig
- Coffee grounds
- Cloves
- Mild curry powder

Let children take turns to smell each container and discuss which container has the strongest scent and which one has the least strong scent. Discuss which scent is the favourite and which one not? You can even draw up a graph to show this!



Scents of Winter

Winter Senses: Taste

What is Taste?

Our sense of taste is amazing: not only do the tastebuds on our tongues help us to distinguish between hot and cold things but also sweet, sour, bitter, and salty foods.

Important Note!

Always ensure you know about any allergies children in your class may have!



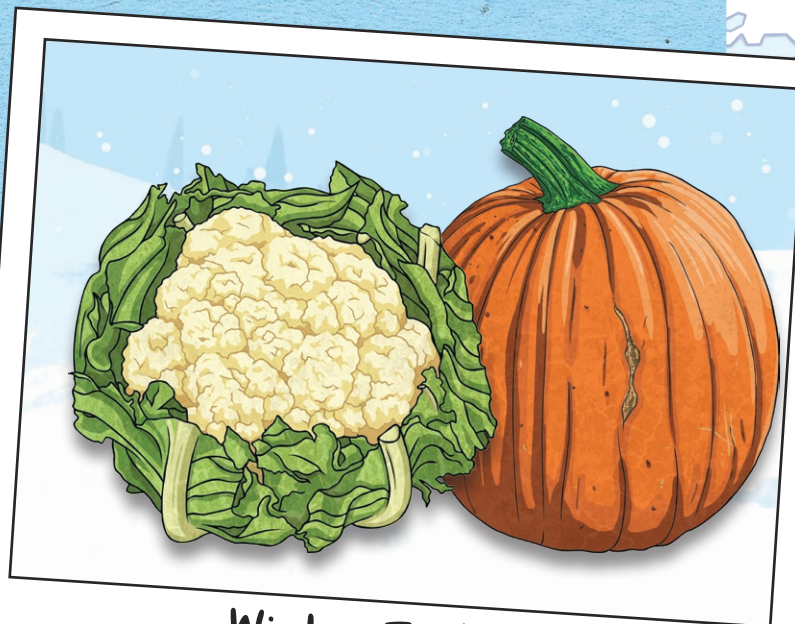
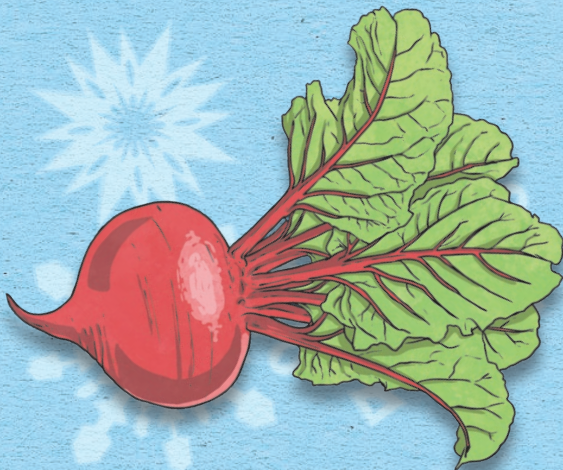
Using Our Sense of Taste During Winter

Have a tray with food items on there that you would potentially eat and drink during winter:

- Cooked cauliflower and broccoli
- Cooked porridge like oats
- Cooked potatoes and butternut
- Cooked root vegetables such as carrots and beetroot
- Spices such as cinnamon, ginger and mild curry powder
- Hot chocolate and coffee powder

Let children take turns to be blindfolded and to try an item on the food tray. Let them describe the taste and see who can guess what they are eating!

****Make sure that any food item is not too hot for the children***



Winter Tasting

Winter Senses: Hearing

What is Hearing?

Our ears are organs that help us to hear by detecting sounds. The nerve impulses of the ear then transport this information to the brain, which then tells us what we have heard.

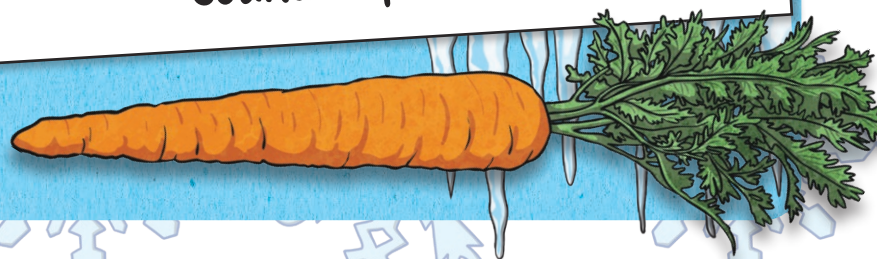
Using Our Sense of Hearing During Winter

Place a big plastic container on the carpet with water inside it. Use the following items to drop or pour into the water.

- Ice cubes
- Water in a watering can
- A potato and carrot
- A teabag

Does each item sound different?

Discuss why they all sound different when it is dropped or poured into the water.



Winter Senses: Touch

What is Touch?

The skin on our body contains receptors that can feel different sensations. The signals travel to our brain, which then tells us if we felt something rough, hard, soft, smooth, cold, or hot.



Using Our Sense of Touch During Winter

Tape up a few small boxes and cut out a hole in the top of each (big enough for a child's hand to go in). Place the following winter items in each box:

- Ice cubes
- Fake snow (made with an equal ratio of corn starch and baking soda)
- Coffee grinds
- Carrots

- Raw oats
- Gloves
- Beanie



Let the children take turns to stick a hand inside a random box and feel what is on the inside of the box. You can make it easier for them by displaying each item in a row on a table so that they can see the options.

