


## Sensology

Try our 'Sensology' session at home to wake up your senses.

Listen to the five senses song <https://youtu.be/iA1uLc1uEbl> and then sing along with me to 'I have a body' before exploring with each of your senses.

	<p><a href="#">The Five Senses Song   Silly School Songs</a></p> <p>This fun and catchy sing-a-long song teaches kids the five senses. Visit <a href="http://www.sillyschoolsongs.com">http://www.sillyschoolsongs.com</a> for more info and music! LYRICS: I see it I hear it ... youtu.be</p>
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**Exploration ideas** you could use at home.

**Sight:** lights, disco ball, homemade mobiles, tracking shiny objects from the kitchen, bubbles, another person dancing!

**Taste:** lemon, chocolate, honey, soy sauce, ice cream, warm custard etc

**Touch:** Feathers, Pinecone, Velcro, bubble wrap, slime, cotton wool, spikey Drier balls, wet soap, ice cubes etc

**Smell:** Orange, peppermint, herbs, lemon, marzipan etc

**Hear:** kitchen pots and pans, bells, homemade shakers

### What to do:

Use simple but repetitive descriptive words when exploring e.g. soft, wet, loud

Give time for communication. Do you like it, want it to stop, do you want more?

Can you ask for it if it someone else has it?

Can you use your body to explore the different items? What can you do with them?