

Use Your Senses

Help your child discover the world around them, with these great activities to do together

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Try New Foods

Children will have fun playing this tasting game. Provide some snacks that may be new to your child. Some suggestions include: kiwi, mango, pineapple, coconut, or star fruit just to name a few. Encourage children to explore each food using their senses. Show your child the fruit before you cut it. Ask him to use his eyes to describe what he sees. Smell the fruit. Now cut it open. Watch how the fruit changes when you reveal the different colour inside the fruit. Talk with your child about how the fruit is similar and different from the way it looked before. Now, children will have fun tasting the fruit. How does it taste? Sour, sweet, bitter? What fruit do they like best? This activity can also be done with different types of meat or cheese. Be creative and enjoy discovering new foods with your child.

Make Pizza

This is a great way for children to discover how foods change after it cooks. Make homemade pizza with your child. Buy frozen bread dough and let it rise by sitting out at room temperature for several hours. Grease a cookie sheet and give your child part of the dough. Children can be creative making their pizza. They may make a simple circle or a shape or even the letter of their name. The more creative, the better! They can add sauce and mozzarella cheese. Bake pizzas in the oven at 190 degrees Celsius for 15 minutes. While enjoying the meal that they helped make, talk to your child about what happened to the dough. They will discover how it went from soft, squishy dough to a hard crust. Discuss how this happened. What happened to the cheese? Discussions such as these will help children notice the world around them!

Finger Paint

Painting with finger paint is a great way to discover creativity as well as the sense of touch. Here's an easy recipe for finger paint:

Pour 2 tablespoons of liquid starch onto paper. Add a small amount of tempera paint for colour. You can buy finger paint paper at a teacher or art store, or use freezer paper.

Ask children to tell how the paint felt on their hands. Ask them to tell all about the picture they painted. Hang the picture in the house so your child will know how proud you are of his creative "discovery!"

Play "I Spy"

Playing a game of "I Spy" with your child is a fun way to discover the sense of sight. Each of you can take a turn describing what you "spy" with your eyes. This is a good game to encourage children to appreciate their sense of sight.