

# **Exploration of the Five Senses**

**Grade Level:** Kindergarten

**Subject:** Health and Physical Education

## **Lesson Aim/Objective:**

- The students will be able to identify and describe the five senses – sight, hearing, taste, touch, and smell – with 80% accuracy.
- The students will be able to provide examples on how to protect their five senses with 80% accuracy.

## **Materials:**

- “5 Senses” worksheet
- Pencils
- Snack food
- Puff Balls
- Children’s book
- Perfume
- “Five Senses” labels
- “Five Senses” song by Hi-5

## **Virginia State Standards:**

- Physical Education SOL Standard K.1: The student will identify and describe key health and safety concepts by (e) describing the five senses (sight, hearing, taste, and touch) and major body parts (e.g., head, trunk, arms, legs, hands, and feet).
- Physical Education SOL Standard K.2: The student will identify healthy decisions by (d) identifying situations that require the use of each of the five senses.
- Physical Education SOL Standard K.3: The student will describe and demonstrate behaviors that promote health and prevent injury and diseases by (e) describing ways to protect the five senses.

## **Motivation:**

- Once the teacher finishes explaining the lesson to the students, the students will listen to the song “Five Senses” performed by High-5.
- Link to the YouTube video: <https://www.youtube.com/watch?v=YXUJ19wLxIE>
- The teacher will ask the students if they know what the five senses are?
- The teacher will ask how often the students think they use the five senses?

### **Instruction/Procedure:**

1. After the students have watched the video, they will divide into five groups
2. Each group will travel to five different “Senses” stations, where they will experience a different sense
3. After the students have gone to each of the five stations, they will meet back up as a class
4. The students will then have to label which station uses which sense (Is the station where you felt the puff balls touch? Why?)

### **Assessment/Follow-Up Activity:**

- After the students have had an example of each of the senses, the teacher will give them the “Five Senses” worksheet
- The teacher will then allow the students to get into groups of 3, and allow the students to collaborate for several minutes on the worksheet
- Once the students have finished the worksheet, the teacher will call on students to talk about each of the senses, and give examples
- The teacher will ask if there are any questions
- The teacher will then play the video one more time, and let the students dance to the video
- If time allows, to wind down the activity, the teacher should have a discussion with the students. They should ask why they think the senses are important, and what they can do to protect and keep them safe. (Ex: Brushing my teeth so my mouth doesn’t get dirty.)

### **Accommodation and Notes**

- Depending on the IEP of the student, students with a learning disability may need additional time to complete the assignment or assistance from the instructional aide or the teacher.

- Based on the disability of the student, the Five Sense worksheet may need to be adapted to accommodate the needs of the students.

Name .....

I hear...



I feel...



I taste...



I smell...



I see...

