



# 5 Senses 5 different Experiences

From age of 3 years



Groups from 12 – 18 people



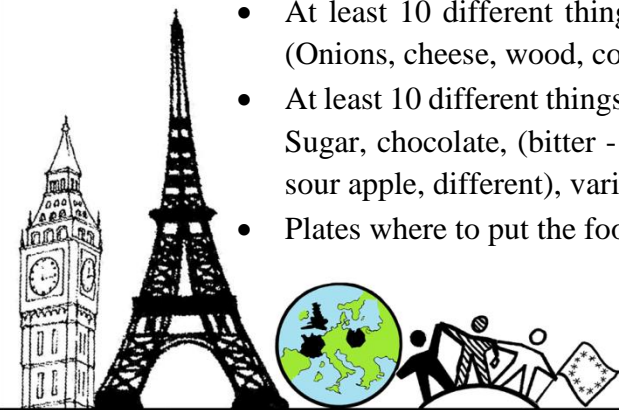
1 hour till 1 hour 30 min

## Objectives:

- Recognize different senses
- Recognize connection between the senses
- To see different images and to realize what kind of sensations those give
- To listen different sounds and recognize what was the sound (noise, music or a warning), recognize the sound, noise.
- To touch different materials and feel the differences between different textures and temperatures
- To smell different smells, feel different reaction of the body, caused by the smell
- To taste 4 tastes, in the pure natural way (sweet, salty, sour and bitter) and observe what kind of sensation these tastes give

## Materials:

- 10 images of different pictures - pretty, beautiful, disgusting, scary and funny. Can find new ones or use the ones that have prepared.
- 10 different sounds, noises, music. (Have already prepared)
- At least 10 different materials, with different textures, size, shape, temperature, smoothness. ( Sand, piece of wood, grass, leaves, fabrics, iron, something oily, butter, glass, paper, plastic ,rocks, it can be everything, even water, just to feel the differences and to be able to recognize what is it without looking, just with touching)
- At least 10 different things, fruits, vegetables, foods, natural materials with a smell. (Onions, cheese, wood, coffee, lemon, mint, pepper, garlic, fish, soup etc).
- At least 10 different things to taste, 2 – 3 from each taste, (sweet, salty, sour, and bitter). Sugar, chocolate, (bitter - dark chocolate), jam, salt, chips, meat, lemon, (sweeter and sour apple, different), variation with vegetables and fruits.
- Plates where to put the food. Some with lids, to keep the smell inside.

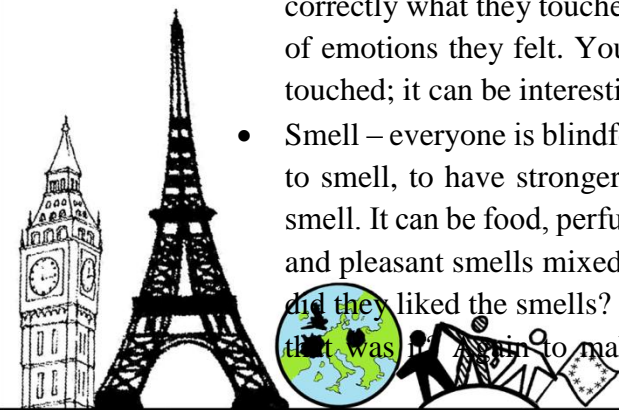


- Bags or boxes where to put materials. They have to be closed and it's important, that no one can see what is inside.
- Eye masks or something to blindfold the participants.
- Video projector.
- Computer.
- Speakers.



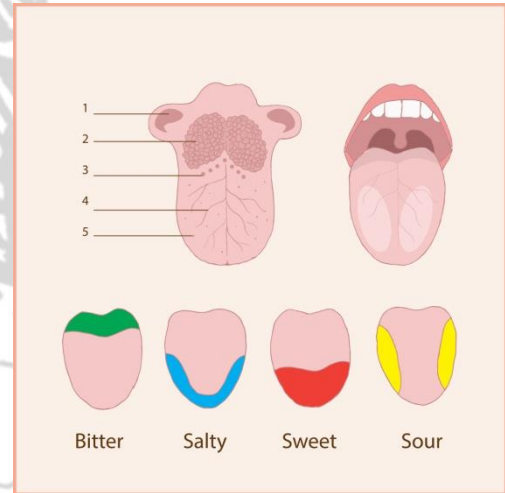
### Step by step description:

- At the introduction ask about 5 senses, does the participants can name them. When it's done start with the one of the senses. I advise to start with the sight, because that is one of the first that participants usually recognize.
- Sight – Show 10 different pictures, cute, beautiful, funny, scary and disgusting. Ask about the feelings that participants felt. What kind of emotions these feelings gave? Maybe some memories. Explain, that what we see, gives us a feeling, emotions, some associations. Ask how we can recognize different feelings, emotions when we look at the picture. How we can know that picture is beautiful or disgusting? How the brain get the signal? (By experience, memory). It's important to remember, that all of us are different, so, for one beautiful can be ugly and other way around. There are different possibilities. Everything is related with memories.
- Hearing – on the computer put 10 different sounds. Ask if the participants recognize the sound. Is it familiar, or not at all? Is the sound warning about something, informing, or it's just a noise. Ask if the sound what they heard is "good or bad"? Opinions can be different. How do they know that? What kind of sounds do they like? Why do they like them? Etc, to make discussion, to make them think.
- Touch – with the eyes closed give each participant to touch different things, materials that you prepared in advance. Eyes can be blindfolded with eye masks, to be sure, that no one is peeking. It's good to vary with different shapes, textures, temperature, like cold water, cold tiles and so on, materials from nature, fabrics, etc. The objective is to recognize things, materials without looking. Ask how they knew what was it what they were touching. Was it easy to touch something when you can't see? What kind of emotions did you felt it before touching and what kind of emotions after? Were they different? Why? Make small discussion. It's important, that participants don't say out loud what they just touched. To have a small secret. It's not that important, to say correctly what they touched, its important how the touch makes them to feel, what kind of emotions they felt. You can in the end ask them to name them the things that they touched; it can be interesting as well. Some difficult things to show as well.
- Smell – everyone is blindfolded, it's important that no one can't see what they are going to smell, to have stronger sensations. Give participants at least 10 different things to smell. It can be food, perfume, but it's important to keep strong contrasts, like some nice and pleasant smells mixed with some not that nice smells. After ask what did they felt, did they liked the smells? Which were nice and which were bad, why? How they know that was? Again to make a small discussion. Was it difficult, to smell something



without seeing it? Talk about sensations that participants felt before and after, especially when the smells changed from nice to disgusting, or just something completely different.

- Taste – at the beginning ask if they can name 4 different tastes that they know. Sweet, salty, sour and bitter. Ask if they know where on the tongue they are placed. Show the picture with the location of the taste buds on the tongue. Eyes can be blindfolded, but I recommend to leave them open, that's easier and people will be more relaxed. Give participants to try at least 10 different products – sweet, salty, sour and bitter. It's possible to give to try sweet and sour apple, to show, that the same product have different tastes. Ask how they know, how the food tastes. Make small discussion. I think that's interesting to share with others, what kind of sensations food gives. For each that's different, but that's not obligatory.



In the end just make a conclusion: How do they feel after 5 different senses sensations? How was it, when one of senses was taken away? Did the other worked with an extra intension?

