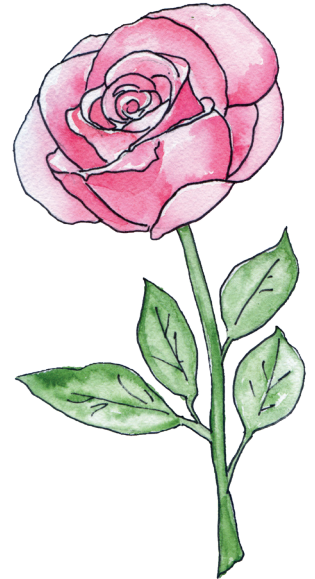


Put Your Senses to the Test!



Activity

Learn how important and impressive God made our five senses by handicapping the sense of sight and using the others to identify household objects.

Supplies

1. Something to use as a blindfold
2. A variety of household items to test the senses, e.g.,
 - Touch: cotton balls/tissue paper/stuffed animal (soft), rock/die/cutting board (hard), sandpaper/nail file (rough), ice cube (cold), tape/sticker (tacky)
 - Smell: citrus zest, banana, coffee beans, cinnamon, vinegar, candle, perfume, flowers, Crayons, old books, maybe a stinky sock (pee-ew!)
 - Taste: pickle/lemon (sour), bacon (salty), berries/candy (sweet), dark chocolate/tea (bitter), cheese/meats/mushrooms (umami), medium/hot salsa (spicy)
 - Hearing: find samples of the different instrument categories: woodwind, brass, percussion, string. To make it harder, try testing the participant's hearing for specific instruments within the categories!

Instructions

1. Blindfold the participant and one at a time present them with the selected items to test their touch, smell, and/or taste.
2. Ask the participant to describe their observations out loud as they try to identify the item and then make a guess for what the item is.
3. For the hearing challenge, the participant does not need to be blindfolded. Repeat step 2 with the different sounds.

Optional Variations

- Divide into teams and make it a competition.
- Try again with new items.
- Create and record your own sounds.
- Use items within particular categories (e.g., things found in the kitchen, in the toy room, outside, etc.).
- Try using more complex flavors and work together to identify the basic tastes in them (e.g., mustard can have a combination of sour, umami, and spicy; salsa can have elements of salt, sour, umami, sweet, and spicy; etc.).

