








Senses Exploration: In Your Home

Materials: This worksheet, pencil

Use the activities on the back of this sheet to explore your home using the five senses: sight, touch, hearing, smell, and taste. If you are unable to use one of your senses, imagine it or ask someone in your family to describe their experience of that sense.

How did each of these things make you feel? Circle the emotion you felt for each sense, then draw or write why you felt that way.

What I...	made me feel...					because...
SAW 	HAPPY	SAD	ANGRY	SCARED	SURPRISED	
TOUCHED 	HAPPY	SAD	ANGRY	SCARED	SURPRISED	
HEARD 	HAPPY	SAD	ANGRY	SCARED	SURPRISED	
SMELLED 	HAPPY	SAD	ANGRY	SCARED	SURPRISED	
IMAGINED I TASTED 	HAPPY	SAD	ANGRY	SCARED	SURPRISED	



Pick **any room in your home**. Look up, down, and side to side. Draw 3 things you see.



Sit in your **living room**. Pick 1 object (like a blanket or rug) and touch it. Draw what it feels like below. Repeat with 2 more objects.



Stand in your **bathroom**. Close your eyes and listen to the sounds around you for 10 seconds. Draw 3 things you hear.



Start in your **kitchen**. Close your eyes and breathe in through your nose. Open your eyes, walk to a different room, and breathe in again. Draw the 2 smells you smell.

Pick 3 things in your **bedroom** (like a pillow, a doorknob, and a stuffed animal) and imagine you could taste them. Draw what they might taste like, but don't actually eat them!

