



## **Sensory Inspiration**

Minus taste

### **Sight**

Prepare a range of different coloured tokens (paint sample cards work well)

Provide each child with a different coloured token and challenge them to find a match in nature.

Evaluate which colours were the easiest / hardest to match and why.

### **Touch**

Provide small groups of children with an egg box and challenge them to find six materials that all feel different to place in each compartment.

Invite groups to share their adjectives for the feelings.

Challenge them to organise their materials whilst blindfolded.

### **Hearing**

Sit quietly outside with one hand open.

Each time they hear a sound they can close one finger over their palm, hence capturing the sound there.

Invite children to release a sound by lifting a finger and describing what they heard.

### **Smell**

Provide small groups of children with a pot of water and a stick and challenge them to create a perfume.

They can give their perfume a name and create an advert to describe its unique fragrance.