

Making Sense

Activity Guide



Welcome! Today you and your group will learn about the five senses as you explore Hudson Gardens.

Your Explorer Pack contains an activity guide (the document you are now reading) that includes several activities to teach your students about the five senses. Inside your Explorer Pack is also a map and all of the props you need for the activities.

Use the Activity Guide and the map provided in the Explorer Pack to do each of the following activities. You can do the activities in any sequence.

Introducing the Five Senses - *Welcome Garden*

Using Sight: Color Hunt - *Oval Garden*

Using Smell: In the Woods - *Conifer Grove*

Using Touch: Mystery Bags - *Amphitheater*

Using Taste: Imaginary Salad - *Vegetable Garden*

Using Hearing: Match That Rattle - *Water Garden*

Introducing the Five Senses

Location: Welcome Garden

Today we're going to talk about the five senses, which are sight, smell, touch, taste, and hearing.

Pull out the sense cards and read each one aloud. Then read the following:

Each sense has a different job, but they work best when used together. Our senses help us collect information about the world we live in. In fact, all of the knowledge we have comes from our senses—they tell us what things are, how many things there are, if things are changing, and they warn us of danger.

Test your senses by finding these things around you:

- Something that feels rough
- Something that would not be good to taste
- Something that has a strong smell
- One sound that is made by nature
- One sound that is made by people
- Something with three colors

Using Sight: Color Hunt

Location: Oval Garden

Remove the color paddle from the Explorer Pack.

As a group, look around the Oval Garden area to find examples of plants, leaves, or flowers that match each of the colors on the color paddle. Look for one color at a time and try to find as many objects as possible for each one. Then answer these questions:

1. Which colors were the easiest to find?
2. Which colors were the hardest to find?
3. What part of your body enables you to see the different colors?
4. What is your favorite color?

Using Smell: In the Woods

Location: Conifer Grove

Walk into the Conifer Grove. Tell the students to pay special attention to how the air smells before and after you get to the Conifer Grove.

Walk up to one of the big conifers. Have the students smell the bark.

Walk to one of the juniper bushes (evergreen bushes that grow near the ground).



Pick one juniper berry and pinch it. Have the students smell it.

Answer these questions:

1. What does the air in the Conifer Grove smell like?
2. What did the bark smell like? Was it a good smell?
3. What did the juniper berry smell like? Was it a good smell?
4. Did the smells remind you of anything?
5. How did the smells make you feel?

Using Touch: Mystery Bags

Location: Amphitheater grass

Sit with your group in a circle. You'll need the four mystery bags from your Explorer Pack. Be careful not to peek inside the bags!

Pull out Mystery Bag #1. Pass the bag around to each person in the group. Let everyone feel the mystery object inside and use their sense of touch to guess what it is. Don't say your guesses out loud until everyone has had a chance to feel the object.

After everyone felt what's inside the mystery bag, use these feeling words to describe how the object felt: rough, smooth, soft, hard, wet, dry, cool, warm, heavy, or light.

Ask students to guess what's in the bag. Pull the object out of the bag to reveal what it is. Repeat this process for each mystery bag.

After you have completed the Mystery Bags activity, answer the following questions about the sense of touch:

1. How do you use your sense of touch on a daily basis?
2. Do you think that touch is an important sense? Why or why not?

Using Taste: Imaginary Salad

Location: Vegetable Garden

Get the plastic vegetables and salad bowl out of your Explorer Pack.

Read the vegetable descriptions below and ask the students which vegetable matches the description. When they get it right, put the vegetable into the salad bowl.

- A vegetable that tastes sweet and comes in many colors
- A vegetable that rabbits eat
- The main vegetable in a salad
- A sweet vegetable with many kernels
- A soft and red vegetable
- A vegetable that looks like a small tree
- A dark colored vegetable with a curvy shape

Now your salad is complete! Many of the vegetables in your salad bowl are growing in the Vegetable Garden. See if you can find them!

After you have explored the Vegetable Garden, answer the following questions:

1. What is your favorite vegetable to eat?
2. Can you describe what your favorite vegetable tastes like?

Using Hearing: Match That Rattle

Location: Water Garden

For this activity, you will need to use your ears to match the sounds of objects that can be found in the Water Garden.

- Remove the colored containers from your Explorer Pack.
- As a group, shake each container and listen to the sound it makes.
- After listening carefully, match the containers whose sounds are the same. There are three matching pairs.
- When your group is done matching each of the pairs, guess which objects are in the containers by answering the following questions:
 1. Which two containers are filled with big seeds that come from the plants growing in the water?
 2. Which two containers are filled with rocks from the bottom of the pond?
 3. Which two containers are filled with the tiny seeds that come from flowers growing around the pond?

Answers (see the bottom of the containers):

- Green stickers = rocks
- Blue stickers = tiny flower seeds
- Red stickers = big water plant seeds

Conclusion

Congratulations!

You have completed Making Sense!

As you learned on your visit to Hudson Gardens today, our senses work together to allow us to experience everything in nature. After you leave the Gardens, notice when you are using your senses...it might be much more often than you thought before!