

## Song of the Senses Lesson Plan

This song is a beautiful springboard for practical exercises to do with the five physical senses.

*Eyes and Ears, Nose, Tongue and Skin  
They help us out and they help us in  
The 5 Senses this song's about  
They help us in and they help us out....*

Where to begin?

Alongside learning the Song of the Senses, here are a few prompters to help get into a process with your students in and around about the 5 senses:

*What are "senses"?*  
*What senses do humans have?*  
*What names do we give our senses?*  
*What about animals? Do all animals have senses?*  
*Some animals have one or two senses that are stronger than the others. What senses are strongest in a dog, or an elephant, or an eagle, or a whale...?*  
*How about humans; how do human senses compare to some of the animals we've mentioned?*  
*What are nerves? How do the nerves help us sense?*  
*What other senses do we or could we have?*

You can do a variety of senses experiments. Here are a few suggestions:

### SIGHT

*Show how the pupil dilates and contracts with changes in light.*

*Experiment with color. Show how the ghost image of red is green, yellow is purple and blue is orange by staring at the first color soaked in bright light, then closing your eyes to see the 'ghost or negative' image.*

*Do blindfold experiments to show how the absence of the sense of sight accentuates the other senses.*

### HEARING

*Show how hearing affects balance by first balancing on one foot normally, then with an ear plug in your right ear, then your left ear, then both ears.*

*Talk about the fact that dogs can hear high pitched sounds that we cannot hear and that elephants can hear low pitched sounds that humans cannot hear. Make paper cones to fit over the ears to show how one's hearing is affected by different shaped and sized ears.*

*Show how you can hear your heartbeat and your blood flow and your lungs breathing by plugging your ears and listening inside.*

*If you can go to a swimming pool you can also demonstrate how sound is amplified underwater!*

## SMELL

*We generally underestimate the importance of our sense of smell. A simple way to appreciate our sense (scents) of smell is again to use a blindfold and have your students identify a range of smells (lemon, lavender, rose, dirt, grass, chocolate, vanilla, cedar, pine etc...). This will sensitize their noses. (Also note their emotional reactions. The sense of smell is directly wired to the emotional structure.) Once you've done this for a while, do blindfold walks around your school or home or playground or in nature, identifying odors. You'll find the results are quite amazing, showing that we navigate by our sense of smell way more than we are consciously aware!*

## TASTE

*The sense of taste is wired into the sense of smell. Does vanilla taste like it smells? Does rose taste like it smells? Does lemon taste like it smells? Etc.*

*What are the four kinds of taste? Where are they located on your tongue?*

## TOUCH

*Where are our nerves concentrated on our skin? In other words, what parts of the body 'feel' the most?*

*Again, it helps to use blindfolds for these experiments.*

*Sensitize the hands by feeling a range of different materials and describing their textures. (This is an opportunity to expand descriptive vocabulary as well.)*

*Get three cups and fill one with semi hot water, one with room temperature water and one with very cold water. First dip your finger in the semi hot water for ten seconds and then dip it into the room temperature water. (It should feel cold by comparison.) Then dip your finger in the very cold water for ten seconds and then move it to the room temperature water. (It will feel quite warm by comparison). Ask your student scientists why this is so?*

*Sense the electro-magnetism between your hands by holding them 8 then 7 then 6 then 5 then 4,3,2,1 inches apart without touching them together. Do this several times (with eyes closed if that helps) to 'see' if you can feel the bio-magnetism between your hands! Then try doing the same experiment facing another person, sensing each other's hands. This is an awesome exercise!*

Experimenting with the senses causes us to better appreciate what we take for granted as well as opening the door to a world of wonder! Along with the visible spectrum, there are the auditory and olfactory spectrums as well. It is all to do with how the body navigates and translates experience (from registering molecules on our tongue or in our nose to registering changes in atmosphere – from light and sound waves to temperature).

*Sight and hearing, smell and taste and touch  
Thank you for my senses so very much!*

PAZ



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