

Let's play the

5-4-3-2-1 Senses Game

Name the following:

Place
sticker
here

5 **Things You can SEE**
Look around and name
5 things you see right now

Place
sticker
here

4 **Things You Can TOUCH**
Reach out and touch
4 different textures

Place
sticker
here

3 **Things You Can HEAR**
Pause and listen closely for
3 distinct sounds around you

Place
sticker
here

2 **Things You Can SMELL**
Take a deep breath and find
2 scents nearby

Place
sticker
here

1 **Thing You Can TASTE**
Notice 1 current taste in your
mouth right now

5-4-3-2-1 Senses Game

Use your senses to explore around you and fill in the blanks below.

5 Things You can SEE

Place
sticker
here

4 Things You Can TOUCH

Place
sticker
here

3 Things You Can HEAR

Place
sticker
here

2 Things You Can SMELL

Place
sticker
here

1 Thing You Can TASTE

Place
sticker
here