



# Lesson One

This lesson introduces students to the five senses—sight, hearing, smell, touch, and taste—through hands-on activities. Using a mystery box with sensory items, students explore each sense by observing, listening, smelling, touching, and tasting. They practice describing their experiences and reflect on how senses help them explore and solve problems, like Lily in the story. The lesson concludes with a fun challenge to use one sense at home and share their discoveries the next day.

## **At Home Practice: Sense Detective** 🙄 🖐️ 👃 👂 🗑️!

You're a Sense Detective, and it's time to investigate something at home using your super senses!

### **1. Freeze like a statue!**

Take a deep breath in... and out.

Now think: What cool thing will you observe today?

Maybe your favorite toy? A fuzzy blanket? A snack? Go find it!

### **2. Pick your sense!**

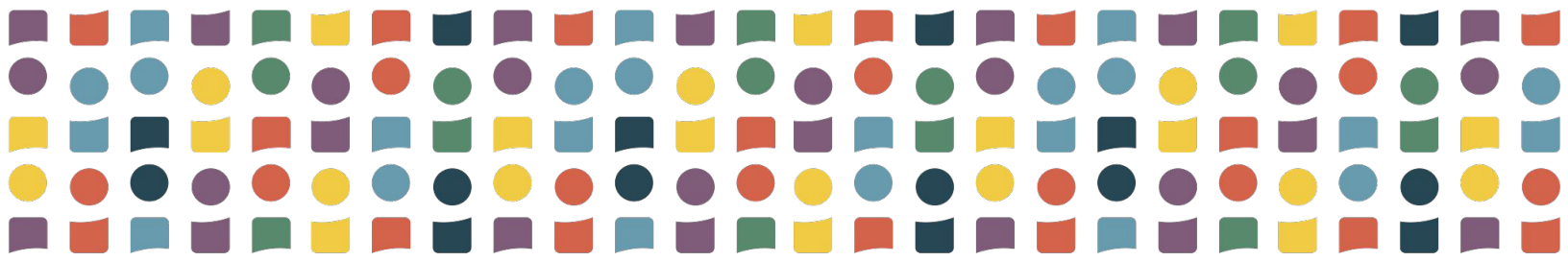
Will you use your 🙄 eyes to see it?

Your 🖐️ hands to touch it?

Your 👃 nose to smell it?

Your 👂 ears to listen to it?

(Or even your 🗑️ tongue—but only if it's food!)



***At Home Practice: Sense Detective! cont.***

### ***3. Start Observing!***

What do you notice?

Tell your grown-up what you discovered with your super sense!

### ***4. Want to do it again?***

Use another sense on the same object.

Can it smell AND feel different?

Tell your grown-up what's new!

### ***5. Bonus Level!***

Can you use ALL 5 senses?

What's your favorite one to use?

Now chat with your grown-up: "How can my senses help me pause, breathe, and feel calm?"