



Lesson One

Cross-Curricular Activities and Resources:

- 1. Math: Sorting by Texture** - Provide a variety of small objects with different textures (e.g., soft cotton balls, smooth stones, bumpy rubber balls). Ask students to sort the items into groups based on how they feel. Have students count how many items are in each category and compare the numbers.
- 2. Science: Nature Observation Walk** - Take students on a short walk outside. Encourage them to use their five senses to observe their surroundings. Ask guiding questions like: “What do you see? Hear? Smell? Feel?” (Taste is omitted unless preplanned with safe, edible items.) Students can draw or write about their favorite observation in a science journal.
- 3. Social Studies: Exploring Cultural Foods** - Share small samples of foods or scents from different cultures (e.g., cinnamon, lemon, or chocolate). Discuss how people around the world enjoy different flavors and smells.
Skill Focus: Understanding diversity through sensory experiences. Create a “senses map” by placing pictures of foods or spices on a map to show where they come from.
- 4. Art: Sensory Collage** - Provide materials with different textures (e.g., sandpaper, tissue paper, foil, felt) and let students create a sensory collage. Encourage them to describe how each material feels as they work. Display the collages and have students share their favorite texture with the class.
- 5. Music: Sound Matching Game** - Fill small containers with materials like rice, paper clips, or beads. Shake each one and ask students to match the sound they hear with a visible object that could make it.
Skill Focus: Identifying and matching sounds. Let students create their own sound makers and describe how they sound (e.g., loud, soft, scratchy).