



**Do You Know What I Know? (🧠 A Cognitive Health Story)**  
**(1<sup>st</sup> – 6-7 yrs.)**  
**Experiment: Come to Your Senses**



**STORY CONNECTION-SLIDES 3-4 (Approx Time: 20-25 mins)**

We learn about the world around us by using our senses. We can see, hear, smell, taste and touch the world around us. Because you get most of the information about the world you live in through your senses – seeing, hearing, smelling, tasting, and touching - different people learn different things – depending on where they live.

**Materials needed:**

- Paper grocery bag, box, pillowcase, etc.
- Items to fill the bag, box, or pillowcase such as a cup, spoon, ball, block, fruit, sponge, rock, a small bell, cotton ball, pinecone, feather, wooden letters or numbers, small toys,
- Sock
- Paper
- Pencils

**Preparation needed:**

- If using a box, cut a hole in it large enough to fit a hand through but small enough to keep the items in the box hidden.
- Gather and put all the items in the bag or box so student(s) cannot see them.
  - If student(s) do this at home, they can have someone else in the house put the items in the bag or box or put them in themselves.

**Instructions:**

1. Begin by reviewing the five senses-- Seeing, Hearing, Smelling, Tasting, and Touching
2. Tell student(s) that they will be using their senses to try to find out what is in the bag/box, but they are going to do it without using their sense of sight.
3. Ask student(s) what sense they think they will NOT be using in this activity. They should respond with taste. Remind them, they are not going to be putting things in their mouths like babies do!
4. To make it a little more difficult, student(s) will start the activity by putting the sock over their hand before reaching into the box.
5. Have a student come up and reach into the bag/box with the sock on their hand.
6. Once they have an object in their hand, they are going to try to guess what it is.
  - Have them describe what they are feeling.
  - If they need to shake it to see if there is a sound, they can shake it in the bag/box.

- If they need to smell it for some reason, they can take it out only if they have their eyes closed—no peeking!! This goes for ALL the student(s).
  - Remind them to “think out loud” (explain this term if necessary) so the other student(s) can hear.
7. Student(s) not reaching into the bag/box should have a piece of paper and a pencil. They will write or draw their predictions about the object being described. These will be checked at the activity's end when the contents of the bag/box is revealed.
  8. Keep the items in the bag/box and have other student(s) come up and go through the same process.
  9. Keep a list of the guesses the student(s) make with the sock on.
  10. After several student(s) have had a chance to come to the bag/box and guess, change the experiment a bit by removing the sock.
  11. Now, let student(s) come to the bag/box and reach in without a sock on their hand.
  12. Repeat step 6-8
  13. Keep a new list of the guesses the student(s) make with no sock on.
  14. Once all the student(s) have had a chance to make a guess but the bag/box to the side.
  15. Ask student(s) to share which sense they thought was the most helpful so far—touching with the sock, touching without the sock, smelling, hearing—and why.
  16. Review and compare the two lists made. Are there any objects that are listed on both lists?
  17. Lastly, take the items out of the bag/box one at a time to reveal what they really are.
  18. Refer to the lists again. Compare the objects to the list to see how well they guessed the items.
  19. Lastly, ask them which sense was the most useful when determining what the items were. Hopefully, they will say sight or seeing.
  20. In closing, remind them that we learn so much about the world around us from our senses. Different situations rely on different senses.

Experiment Idea Credit: <https://kidshealth.org/en/kids/experiment-brainbox.html>