

# "SENSING THEIR WORLD"

Using the five senses...and more...with children in your care

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## Transition Songs and Chants

1. (To the tune of "Ten Little Indians")

One little listener her (his) name is \_\_\_\_\_ Two for \_\_\_\_\_ Three for  
Four for \_\_\_\_\_ Five for \_\_\_\_\_ Where is number six?  
Six for \_\_\_\_\_ Seven for \_\_\_\_\_ Eight for \_\_\_\_\_  
Nine for \_\_\_\_\_ Ten for \_\_\_\_\_ Eleven for \_\_\_\_\_  
Now we all are here!

2. (This one is from Ella Jenkins)

A one and two and three and four (while singing this song do a hand  
And five and six and seven and eight movement on each number like,  
Aaaaaa, one and two and three and four clapping, snapping, rolling arms, etc)  
and five and six and seven and eight.

3. (This song has only two notes until the end: G&E then end with C)

Each one has a name some are short and some are long  
When you put them all together it's a song (G-E-C)  
My name is \_\_\_\_\_ Your name is \_\_\_\_\_  
Your name is \_\_\_\_\_  
When you put them all together it's a song (G-E-C) (Repeat using more names)

### 4. Hello Neighbor

|                                  |                               |
|----------------------------------|-------------------------------|
| Hello neighbor,                  | (bow)                         |
| What do you say?                 | (clap on "say")               |
| We're going to have a happy day! | (cross arms several times)    |
| Greet your neighbor              | (shake hands)                 |
| And Boogie on down,              | (fingers up, wiggle to squat) |
| Give a little jump               | (jump)                        |
| And turn around                  | (turn around)                 |

\* If done in a circle, turn to the other neighbor and repeat

\* If done with a partner the teacher counts to five very softly while children find a new "neighbor"

## 5. Friends

Friends, friends, friends, one, two, three. All my friends are here with me.  
You're my friend, you're my friend, you're my friend, you're my friend  
Friends, friends, friends, one, two, three. All my friends are here with me!

\*While sitting or standing in a circle everyone points to classmates with fingers, toes, head, elbow, etc...children love to choose what body part to use!

## 6. Tooty Ta

Chorus: a tooty ta, a tooty ta, a tooty ta ta, a tooty ta, a tooty ta, a tooty ta ta

(The leader speaks while performing the appropriate motions and the group echoes while copying motions. After each added command, chant the chorus of a tooty ta. The commands are cumulative.)

Leader: "Thumbs up"      Group: "Thumbs up"  
Elbows back                      (Group echoes each phrase)  
Feet apart  
Knees together  
Close your eyes  
Turn around  
Stick out your tongue  
Sit down

## 7. Dance Around

Sing: Dance around and around and around and around and around and around;  
Dance around and around and around and around and around and around.

While singing, try dancing solo, then after one verse change to dancing by two's, then by three's etc. Have the group switch directions halfway through to prevent dizziness!

# WORKING WITH THE SENSES

## SEEING

### ROLLER COASTERS

#### Materials:

Construction paper cut in strips of different widths, length, and color (wrapping paper can also be used)

9x12 black construction paper

white crayon

white glue

#### Procedure

Put name on back with the white crayon. Have children glue strips on black paper by twisting, looping, intertwining, and chaining by putting a drop of glue on the strip and attaching it to the paper.

Hold to the count of "10". Then add another and another and another.

\*This project can be used as a large thank you poster or special time remembrance or decoration.

### COLORFUL "SNOWFLAKES"

#### Materials

Washable markers

Coffee filters

Spray bottle with water

Tray

#### Procedure

Fold the filter in fourths and color with marker on the top side only.

Spray with water, on the tray. Count to 10 or sing a familiar song, like the ABC song.

Then, unfold and see your beautiful creation.

After it has dried it can be mounted on paper or refolded and cut out as a snowflake.

### BINOCULARS

#### Materials

Paper tubes, about 5"long

hole punch

Stickers

stapler

Yarn

#### Procedure

Staple two paper tubes together. Punch holes at the top of each tube on the outside edge.

Tie yarn through the holes to form a necklace. Each child decorates their own pair of binoculars with stickers or colored markers.

Now the fun begins...sing "Looking for Dracula" by Charlotte Diamond, go on a walk looking for shapes, "read the room" wearing binoculars...the fun never ends!



## SMELLING

### CINNAMON NECKLACE

#### Materials

Medium grade sandpaper

Stick of cinnamon

Yarn and a hole punch

#### Procedure

Pre-cut shapes out of the sandpaper and punch a hole at what would be the top. Demonstrate to the children how to rub the cinnamon stick on the sandpaper. After awhile have the children smell their shape and then put yarn through the hole to make a necklace. Other smelly necklaces can be made using a cardboard or felt shapes and baking flavors or Avon samples.

### SNOW CONE TREES

#### Materials

Snow cone cups

Green paint, Ivory laundry soap

Small container, i.e. cereal bowl

Tray or plate

#### Procedure

Put child's name inside the snow cone. Place the snow cone, with the point up, on the plate or tray. Have the children paint the entire outside of the cone with the green paint. If the children can steady the point of the cone with their index finger, then only one finger will get green...maybe. While the paint is still wet have the children take a pinch of Ivory Snow and sprinkle it on the wet cone. Repeat until the desired effect is achieved. It smells great!

## TOUCHING

### BUBBLES

#### Materials

Ultra Dawn

Water in a dishpan

Various items that will allow the water/Dawn mixture to flow through, like berry baskets, 6 pack plastic rings, a fly swatter, and bubble wands.

#### Procedure

Add Dawn to water until it makes bubbles (the longer it sets, the better it seems to be). Try making bubbles with your hands as demonstrated, then move on the other items. This is a good outside activity.

### PLAY DOUGH

Preschool play dough recipe (doubles well)

1 cup flour             $\frac{1}{2}$  cup salt

1 cup water            1 tsp. Cream of Tartar

1Tbs. oil                Food coloring or liquid water colors

Cook over medium heat until mixture pulls away from sides of pan and becomes like play dough in consistency.

Knead until cool. Keeps for 3 months un-refrigerated in a Ziploc bag or airtight container.

### Play dough Ideas

1. For scented play dough add ground cinnamon, powdered cocoa mix, lemon, vanilla or peppermint extract.
2. Instead of adding food coloring when cooking the play dough, leave it the natural color.  
After it has cooled, place the play dough in a large re-sealable plastic bag with food coloring or liquid water color of your choice. Pass the bag around so each child has a chance to knead the food coloring into the dough. It "magically" transforms color! This is a great way to show that yellow and red make orange, etc.
3. Instead of food coloring use one package of unsweetened Kool-aid for vivid color and scent. (Lemonade flavor does NOT produce a yellow color)
4. Try using commercial food coloring for intense, brilliant color, (these are obtained from the cake decorating section of a craft store).

## HEARING

### SHAKERS

#### Materials

Cheap white paper plates

Markers or crayons

Crepe paper

Large craft sticks

#### Procedure

Children color on back of the plate making design or picture. The plate is then folded in half and stapled part way around leaving about 3 inches open to put in beans, pebbles, or other "noisy little things".

Finish stapling and, if the child is small, use tape to secure the closure.

Add streamers and a stick, to shake with, if desired. Shake to music or sing and march around.

#### Additional teacher made shakers and noise makers.

\*Detergent bottles, water bottles, Roloids bottles, film containers, etc. filled with pebbles, beans or other "little noisy things" glue or tape the tops on so the "noisy things" don't go flying around.

\*Other noisy things... pie pan/with spoon, dowels about 12' long, oatmeal box to pound on, Holiday noise makers and anything else you can think of that makes noise and doesn't go in the mouth.

### KAZOO

#### Materials

Paper tubes about 5" long

Pointed scissors

Aluminum foil

Rubber bands

Wax paper

#### Procedure

Tear off a 7" piece of aluminum foil for each child. Have the child roll the foil around the T.P. tube and tuck in the ends (teacher may need to help at this point). The teacher puts a hole in the tube about 1/3 of the way down the tube. Give each child a 5" square of waxed paper and let them try to secure it around the 2/3rds end of the tube, with a rubber band (teacher may need to help here, too.) The magic sound needed to play the kazoo is "Doo". Demonstrate to the children how to play the kazoo using a favorite song like "This Old Man"

**Note:** *A kazoo rule.....never play a kazoo in the car.*

## SPECIAL SENSES

### Sharing:

Giving to others...family and friends, the homeless  
Giving toys to an agency like Salvation Army or Goodwill

### Joy:

Friendship, Holidays, Music

### Humor:

Watching animals play, hearing funny stories, singing funny songs, playing games

### Wonder:

Magnets, planting seeds, the stars

### Love:

Family, friends, pets

### Imagination:

Play acting, puppets, dolls, stuffed toys, dancing, storytelling with flannel boards, books, drawing, creative crafts

### Thrift:

1. Paper that has backed a bulletin board or a picture can be used as paint paper for children. Cut the paper in appropriate sizes and let the children paint on it. Any fade spots can add a quality of interest when painting.
2. Punch out shapes from scraps and store them in empty pill bottles so they can be used any time a teacher needs a quick art project
3. Teach children how to tear paper into shapes that can be use in an art project.
4. Water down glue rather than give each child a bottle. It takes a while for children to learn to squeeze a bottle of glue without squeezing to hard.
5. Get colored paper scraps from independent printers. Most of the time the scraps will be free and the colors are fantastic. The strips lend themselves to all sorts of projects.

### Scholastic Book Clubs

Honeybee (toddler-4)

Firefly (pre-K

See Saw (K-1<sup>st</sup> grade)

1-800-724-6527 [www.scholastic.com](http://www.scholastic.com)

### Newsletters

[www.greatschools.net](http://www.greatschools.net)

My Kindergartner

# MULTI-SENSORY

## Q-TIP PAINTING

### Materials

Q-tips, ice cube tray and paper (not too large)

Procedure: Place a small amount of paint in an alternate pattern in the ice-cube tray.

Have the children dip the Q-tip into a color and paint on the paper. When a Q-tip begins to get too wet and fall apart put in a new one. (For an extra artistic creation drop all the Q-tips onto a piece of black paper and let them dry there. It will be an interesting 3-D creation.)

This is a good time to teach children to put the Q-tip back into the proper\_color.

## MARBLE PAINTING

### Material

1. Boxes (Christmas card boxes are the best. If they have the clear plastic top they can be used with very young children.)
2. Large marbles
3. Paint in a plastic bottle with a squeeze top.
4. Paper cut to the exact size of the box used.

### Procedure:

1. Put 4 or 5 drops of paint of two different colors (the child's choice) on the paper and then put one large marble in the container.
2. The child then rolls the marble through the paint for as long as he likes. By the time he is tired of it the paint is usually dry. If you have a clear plastic cover, put that on and put a rubber band over it to hold it in place while a small child, or special needs child rolls the marble around.
3. If you are doing this with a group you can have each child wash the marble they used to get it ready for the next child.
4. To make the marble painting special, mount it on a complimentary color. Put the child's name and the date on the thin margin created by the marble.
5. These paintings can be used as cards (folded over) or backgrounds for other art work.



## **RAINBOW HANDPRINTS**

### **Materials**

- Several colors of paint in small containers (yogurt cups)
- Paint brushes for each color
- 9x12 white construction paper
- Two hand of each child

### **Procedure**

With a paint brush, paint the fingertips of a child's hand and proceed down the hand with a different color at every brush stroke. When you get to the wrist help the child place his hand on the construction paper. Wash that hand and then do the other hand. Hint! (Do the hand away from you first so there is less chance of the child getting paint on you)

## **SPONGE PAINTING**

### **Materials**

- Small pieces of sponge clipped to a spring clothes pin
- Saucers of paint in the colors to be used (not too much paint in the dish)
- Paper (with or without an outline picture)

### **Procedure:**

Put the saucers of paint on the table with 2 or 3 clothespins, with the sponge clipped to it, in the saucer. Let the children paint by holding the clothespin and saying "Dob, dob, dob..." The motion should be up and down and not brushing. Sponge painting can be done inside a template for a specific shape (turkey, pumpkin, tree, etc)

## **COLORED PASTA AND RICE**

### **Materials:**

- Rice or macaroni
- rubbing alcohol
- Food coloring or liquid water colors
- large plastic zip-lock bag
- 1 tsp. measuring spoon

### **Procedure:**

Put macaroni or rice in the plastic bag. Pour in enough food coloring or watercolor to obtain the desired shade. Add 1 tsp. rubbing alcohol. "Zip" the zip-lock bag and shake, shake, shake! Dry on a cookie sheet or waxed paper. Use rice by gluing onto paper at random or in an outlined shape like a tree, flower or turkey, etc. String macaroni into a necklace, glue onto paper or decorate a juice can.

## **COLORED PISTACHIO SHELLS**

Materials:

Pistachio shells (teachers get to eat the pistachios)

Same coloring technique as for pasta and rice

Procedure

After the shells are dry they can be used to decorate a clean Yoplait container or in a picture on a sturdy piece of paper, cardstock or cardboard.

## **CLAY FOR A SNOWMAN OR CUTOUT SHAPES**

2 cups baking soda

1 cup corn starch

1 $\frac{1}{4}$  cups water

Mix ingredients together before cooking.

Cook until clay pulls away from the pan.

This clay will dry very hard in a couple of days. It can be painted when it dries or tinted with liquid water color using the water color as part of the 1 $\frac{1}{4}$  cups water.

If you want to roll it out use two pieces of wood [rulers] to keep the thickness even. If you are making an ornament be sure to make a hole at the top before it dries.

## **FLIBBERS**

4-5 sheets of newspaper, depending how puffy you want the flibber

Scissors

Tape

1. Open up the big sheets of newspaper and place them on top of each other in a neat pile.
2. Roll them up the long or short way...long if you want a longer flibber, short if you want a short but puffier flibber.
3. After the newspaper is rolled into a tube, both openings should be about an inch to an inch-and-a-half in diameter.
4. Choose one end to cut.
5. Start from the end of the tube and cut downwards about 5 to 6 inches.
6. Make another cut about an inch from the first and continue around the tube until you've cut around the whole tube.
7. While holding the non-cut end of the tube, use your free hand to pinch inner layers of the cut end and pull them outward. Be careful not to tear the strips. Try to pull them out as much as you can.
8. Tape the non-fluffy end of the tube to hold the shape.

## **POM POMS**

Paper bags (plain, lunch size)

Ruler

Crayons

Scissors

Tape

Using a crayon and a ruler have each child or an adult draw lines from the opening of the bag down to the flap for the bottom of the bag. Repeat on the other side. The lines should be about an inch or an inch-and-a-half apart. Now the child can color each section creatively...in a pattern, a rainbow, etc. When finished coloring, the child cuts on the lines down to the flap that forms the bottom of the bag. Then roll the bag loosely and tape the non-cut area to secure the pom pom. If you want each child to have a pom pom for each hand, repeat this process! It's fun to use the pom poms when singing the ABC song or doing chants and cheers.

## **MILK JUG CAPS**

Have everyone you know collect thoroughly washed unmarked milk jug caps! After you've amassed a huge quantity let children sort by color, count, stack, etc. These free manipulatives make great counters for math, "money" or pretend food for a playhouse and name puzzles.

To use for name puzzles have each child count the number of letters in their name. Then have them count out that same number of caps. Depending on the age and maturity of the child you can ask for a color pattern, or for consonants and vowels to be different colors, etc. While the child watches print each letter of his or her name with a Sharpie pen, using a capital for the first letter of the name and then lower case letters for the rest of the name. As you print, say each letter aloud and have the child echo you, or, if the child knows how to spell their name let him or her tell you the letters to print. After the ink dries mix up the letters (like Chicka, Chicka, Boom, Boom!) and have the child practice spelling their name correctly from left to right. Some children may need to have their name printed on a paper so they can match the letters at first. Store the name puzzle pieces in a labeled ziplock bag so the child can practice daily!

For children who are learning to read, letter caps can be used to match capital letters with their lower case partners or to form sight words and words families. Use a "White Out" pen or a Sharpie pen to print the letters. For use with a white board or magnetic board, glue magnets on the back of the caps.

## **POPCORN**

Try using a hot air popcorn popper to demonstrate using all five senses! Put a clean beach towel or flat bed sheet on the floor with the children gathered on the edge. Take the top section of the popper off so when the corn starts popping the popcorn will fly out all over the place! Everyone will have seen, heard and smelled the popcorn popping! When the popping has stopped and the popcorn has cooled down, the touching and tasting can begin!