

My 5 Senses Booklet

A week of looking, listening, smelling, tasting, and touching.



This booklet belongs to: _____

I started it on: _____

How to use this booklet: Each day this week, look out for ONE good thing your senses notice. Write a short note on the right page. At the end of the week, choose your favourite to share.

SEE

What did I see today?

Look for ONE thing each day that catches your eye. A colour. A shape. A movement. Something funny or beautiful.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

My favourite of the things I saw this week

HEAR

What did I hear today?

Listen for ONE sound each day. A voice. A song. A bird. A door. The wind.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

My favourite of the sounds I heard this week

SMELL

What did I smell today?

Notice ONE smell each day. Cooking. Soap. Rain. Petrol. Cut grass.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

My favourite of the smells I noticed this week

TASTE

What did I taste today?

Try ONE taste each day. Breakfast. A snack. Toothpaste. A drink. Anything.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

My favourite of the tastes I enjoyed this week

TOUCH

What did I touch or feel today?

Notice ONE thing your skin touched. Cold metal. Warm sun. Soft fur. Wet rain.

Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

My favourite of the things I felt this week
