

Exploring Our Senses With Herbs And Spices

Humans have five basic senses:

1. **Touch** - We touch with our hands and skin.
2. **Sight** - We see with our eyes.
3. **Smell** - We smell with our nose.
4. **Taste** - We taste with our tongue.
5. **Hearing** - We hear with our ears.

Fresh Herbs:

Choose two to three fresh herbs. Place them on a plate or tray for child to explore. Used here are mint, chives and tarragon.



Ask the following questions:

- Can you see the the herbs?
- Can you feel the herbs?
- Can you smell the herbs?
- Can you taste the herbs when you eat a small piece?
- Can you hear the herbs?

Dried Spices to Explore Sense of Smell:

Choose two to three jars of dried spices. Jars with shaker tops work well. Place the bottles on a tray or plate. The child can sniff them with his/her eyes open. Rearrange them. With eyes closed the child can can try to identify them. Used here are (whole) cloves, cinnamon and ginger.



Make a Scented Decoration with Dried Clove and an Orange:



Make a pattern pressing whole cloves into a fresh orange. Hang it with a piece of twine or ribbon, or place it on a tray/plate to see and smell. It is not to eat.