

Home Preschool 101

LESSON PLANS

My 5 Senses

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Thanks so much for downloading Home Preschool 101's lesson planning packet! We hope you find it useful during your home preschool journey.

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If you know someone who would benefit from these lesson plans, we'd love for you to point them towards HomePreschool101.com's site or Facebook page. Thanks so much!

MATERIALS LIST

My 5 Senses

Jell-O (variety of flavors)

Sand

Contact paper

Paper plate(s)

Hair gel

Alphabet beads

Pony beads

Rocks

Glow sticks

ACTIVITIES CHECKLIST

My 5 Senses

<i>Math</i>		<i>Science</i>	
Shape I-Spy		Scented color mixing	
Sandpaper numbers		Listening walk	
Scented shapes		Taste test	
Sticky counting		Scented rainbows	
Play dough patterns		Sound shaker bottles	
<i>Literacy</i>		<i>Read Alouds</i>	
Scratch and sniff names			
Sensory writing bag			
I See a Rainbow book			
Alphabet sensory bottle			
My 5 Senses book			
<i>Arts and Crafts</i>		<i>Fine Motor/Sensory</i>	
Paint or dance to music			
Texture art			
<i>Other</i>		<i>Other</i>	
Listening hide-and-seek			
Explore sounds and textures			
Guess the scent			

SKILLS CHECKLIST

My 5 Senses

		M1: Shape I-Spy	M2: Sandpaper numbers	M3: Scented shapes	M4: Sticky counting	M5: Play dough patterns	S1: Scented color mixing	S2: Listening walk	S3: Taste test	S4: Scented rainbows	S5: Sound shaker bottles	L1: Scratch and sniff names	L2: Sensory writing bag	L3: I See a Rainbow book	L4: Alphabet sensory bottle	L5: My 5 Senses book
<i>Literacy</i>	Print conveys meaning											X		X		X
	Rhyming															
	Letter knowledge											X	X	X	X	
	Left-to-right progression											X		X		X
	Oral language skills	X														
<i>Math</i>	Shapes and colors	X		X			X			X				X		
	Sorting by attribute															
	Patterns					X										
	Numeral knowledge		X													
	Counting				X											
	One-to-one correspondence															
<i>Science</i>	Scientific observation and investigation								X	X						
	Observe and describe living processes															
	Describe physical properties of objects	X	X	X			X		X		X					
	Explore and observe the natural world							X								
	Weather, four seasons, & daily routines															
5 senses	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	
<i>Other</i>	Fine motor skills		X		X											

SKILLS TAUGHT - NOTES

My 5 Senses

BOOK LIST

My 5 Senses

<i>My Five Senses</i> by Alik
<i>Brown Bear, Brown Bear, What Do You See?</i> by Bill Martin Jr.
<i>The 5 Senses</i> by Keith Faulkner
<i>Mr. Brown Can Moo! Can You?</i> by Dr. Seuss
<i>Look, Listen, Taste, Touch, and Smell</i> by Pamela Hill Nettleton
<i>The Magic School Bus Explores the Senses</i> by Joanna Cole
<i>You Can't Taste a Pickle With Your Ear</i> by Harriet Ziefert
<i>Listen Buddy</i> by Helen Lester
<i>Soft and Smooth, Rough and Bumpy: A Book About Touch</i> by Dana Meachen Rau
<i>The Listening Walk</i> by Paul Showers
<i>Touching (The Five Senses)</i> by Rebecca Rissman
<i>Tasting Things</i> by Allan Fowler
<i>The Very Hungry Caterpillar</i> by Eric Carle
<i>Cold, Crunchy, Colorful: Using Our Senses</i> by Jane Brockett
<i>Seven Blind Mice</i> by Ed Young
<i>I Wonder Why Lemons Taste Sour and Other Questions about Senses</i> by Deborah Chancellor
<i>Big Smelly Bear</i> by Britta Teckentrup
<i>Rain</i> by by Manya Stojic
<i>Senses on the Farm</i> by Shelley Rotner
<i>The Bear Went Over the Mountain</i> by Iza Trapani

For descriptions about many of these books, refer to [this list](#).

FULL DAY LESSON PLAN

My 5 Senses

TIME		MON	TUE	WED	THU	FRI
15 min	Calendar	Songs & Calendar Time	Songs & Calendar Time	Songs & Calendar Time	Songs & Calendar Time	Songs & Calendar Time
15 min	Math	Shape I-Spy	Sandpaper numbers	Scented shapes	Sticky counting	Play dough patterns
30 min	Snack	Snack	Snack	Snack	Snack	Snack
45 min	Free Play	Free Play	Free Play	Free Play	Free Play	Free Play
30 min	Science	Scented color mixing	Listening walk	Taste test	Scented Rainbows	Sound Shaker Bottles
20 min	Read Aloud	<i>My Five Senses</i> by Aiki	<i>The Listening Walk</i> by Paul Showers	<i>Seven Blind Mice</i> by Ed Young	<i>Touching</i> by Rebecca Rissman	<i>Look, Listen, Taste, Touch, and Smell</i> by Pamela Hill Nettleton
25 min.	Literacy	Scratch and sniff names	Sensory bag	I See a Rainbow	Alphabet sensory bottle	My 5 Senses book
45 min.	Free Play	Free Play	Free Play	Free Play	Free Play	Free Play
90 min.	Lunch/Outdoors	Lunch/Outdoor Play	Lunch/Outdoor Play	Lunch/Outdoor Play	Lunch/Outdoor Play	Lunch/Outdoor Play
60 min.	Story/Nap	Read Aloud/ Nap Time	Read Aloud/ Nap Time	Read Aloud/ Nap Time	Read Aloud/ Nap Time	Read Aloud/ Nap Time
	Other	Paint or dance to music	Listening hide and seek	Texture art	Explore sounds and textures	Guess the scent

HALF DAY LESSON PLAN

Apples

TIME		MON	TUE	WED	THU	FRI
15 min.	Calendar	Songs & Calendar Time	Songs & Calendar Time	Songs & Calendar Time	Songs & Calendar Time	Songs & Calendar Time
15 min.	Math	Shape I-Spy	Sandpaper numbers	Scented shapes	Sticky counting	Play dough patterns
30 min.	Snack	Snack	Snack	Snack	Snack	Snack
45 min.	Free Play	Free Play	Free Play	Free Play	Free Play	Free Play
30 min.	Science	Scented color mixing	Listening walk	Taste test	Scented Rainbows	Sound Shaker Bottles
20 min.	Read Aloud	<i>My Five Senses</i> by Aliko	<i>The Listening Walk</i> by Paul Showers	<i>Seven Blind Mice</i> by Ed Young	<i>Touching</i> by Rebecca Rissman	<i>Look, Listen, Taste, Touch, and Smell</i> by Pamela Hill Nettleton
25 min.	Literacy	Scratch and sniff names	Sensory bag	I See a Rainbow	Alphabet sensory bottle	My 5 Senses book
45 min.	Free Play	Free Play	Free Play	Free Play	Free Play	Free Play

LESSON ACTIVITIES - EXPLANATION

5 Senses

<i>Math</i>	<i>Science</i>	<i>Literacy</i>	<i>Other</i>
<p><u>Shape I-Spy</u> - Play a game of I-Spy that's all about shapes. Extend it by turning it into a photo shape hunt. (TF)</p>	<p><u>Scented Color Mixing</u> - Dissolve different colors of Jell-O powder in water. Mix different colors to make new colors. Describe the creations. Name the new colors. Extend by making into a surprise color mixing experiment.</p>	<p><u>Scratch and Sniff Names</u> - Grab the glue and Jell-O powder to make scented names.</p>	<p><u>Paint (or dance) to music</u> - Play music of various tempos. When the music is slow have kids paint/move slowly. When it is fast have kids move/paint quickly. (TF)</p>
<p><u>Sandpaper Numbers</u> - Make tactile numbers using glue and sand on cardstock. Extend by making numbers with different textured materials.</p>	<p><u>Listening Walk</u> - Use a paper plate recording sheet to keep track of all the sounds heard on a walk.</p>	<p><u>Sensory Bag</u> - Fill a Ziploc bag with hair gel and few drops of food coloring. Make sure it's sealed tight. Write letters, words, or patterns on the surface. (TF)</p>	<p><u>Listening Hide and Seek</u> - Play hide and seek with a twist. Have the people who are hiding make a sound so the person who is seeking can practicing using listening skills.</p>
<p><u>Scented Shapes</u> - Mix Jell-O powders with water to make "paint". Paint different shapes, while talking about the characteristics.</p>	<p><u>Taste Test</u> - Choose items from your kitchen that have different flavors (salty, sweet, sour, etc.). Taste them and verbally describe the taste of each. (TF)</p>	<p><u>I See a Rainbow</u> - Create a homemade book based on all the colors of the rainbow.</p>	<p><u>Texture Art</u> - Paint on materials of varying textures.</p>
<p><u>Sticky Counting</u> - Attach contact paper to a table sticky side facing out. Have kids attach small household objects (pompoms, foam shapes, tiny balls of tissue paper) in groups for numbers 1 - 10.</p>	<p><u>Scented Rainbows</u> - Explore scented chemical reactions and colors with this simple experiment.</p>	<p><u>Alphabet Sensory Bottle</u> - Add alphabet beads and other colorful beads to a clean plastic bottle. Explore sound while looking for letters.</p>	<p><u>Exploring Sounds and Textures</u> - Drive toy cars over different textures. (TF)</p>
<p><u>Play Dough Patterns</u> - Roll play dough into balls. Make patterns. (TF)</p>	<p><u>Sound Shaker Bottles</u> - Add different materials to small containers to create different sounds. (TF)</p>	<p><u>My 5 Senses Book</u> - Label one page each with I see, I taste, I hear, I smell, I touch. Have your child draw a picture of something that matches each prompt.</p>	<p><u>Guess the Scent</u> - Place fragrant household objects in a paper bag (toothpaste, lotion, fruits, cinnamon, etc.). Have your child smell them without looking and try to guess the scent.</p>

(TF) - Toddler-friendly ideas that would work when home with children of different ages.

INDEPENDENT ACTIVITIES

Apples

These activities would work well as centers or work boxes during free play time. They're meant to allow children the chance to play, explore, and practice preschool skills on their own. Children may still need some assistance at times, of course. They're broken down by subject area for reference. (TF) =Toddler-Friendly

Math

Number Rocks - Make number rocks by painting or simply using a permanent marker. Manipulate and count the rocks. (TF)

Sandpaper Number Rubbings - Use the numbers made earlier to make rubbings. Place a paper over the numbers and rub a crayon (without its label removed) over the paper.

Literacy

Doctor's Office Pretend Play - Make a pretend play doctor's office. Set up an office visit that tests patients' five senses. For example - Make an eye chart for sight and invent a sound test for hearing. (TF)

Science

Light Refraction Activity - Fill a glass with water. Hold up to the sunlight and observe what happens. Alternatively, use a child-safe, handheld mirror to watch light bounce off of it.

Sound Shaker Bottle Extension - Leave the sound shakers out for independent exploration. Have some bottles filled more than others - what affect does that have on the sound? (TF)

Sensory

Texture Exploration - Place objects with different textures on an observation tray. Leave them out for independent observation. (TF)

Scented Rice - Make a rice sensory bin. Add food coloring to a bag of rice. Let it dry and then add a food extract (orange, lemon, etc.). Alternatively, make Jell-O scented rice. Place in a sensory bin with cups. (TF)

Block Play

Magnetic Tiles and Glow Sticks Break out some glow sticks, turn off the lights, and build. If you don't have magnetic tiles, use whatever blocks are on-hand.

Texture Blocks - Make your own texture blocks by gluing different materials (beans, pasta, hot glue) to old wooden blocks. Build and explore with them.

Arts and Crafts

Texture Stamping - Stamp paint with DIY texture blocks (or stamp with texture blocks into play dough for a less messy version).