

Five Senses Worksheet

Name	Date
Instructions: Use your five senses to complete the following activities. Write down your observations for each sense.	
Sight	
Find an object in the room and describe what it looks like.	
Object:	
Description:	
Look out the window and describe what you see.	
Scene:	
Description:	
Hearing	
Close your eyes and listen carefully. What sounds do you hear?	
Sounds:	
Go outside and listen to the environment. What sounds do you notice?	
Sounds:	

Smell

Take a sniff of an object nearby and describe the scent.

Object:

Scent description:

Go to the kitchen or a garden and describe the different smells you encounter.

Object:

Scent description:

Taste

Take a bite of a food item and describe its taste.

Food:

Taste description:

Try a new food or drink and describe its taste.

Food/drink:

Taste description:

Touch

Close your eyes and touch different objects around you. Describe the textures you feel.

Object:

Texture description:

Object:

Texture description:

Go outside and touch various natural materials (e.g., grass, tree bark) and describe their textures.

Materials:

Texture description:

Conclusion

Reflect on the activities and write a short paragraph about which sense you found the most interesting and why.