








Senses Exploration: In Your Neighborhood

Materials: This worksheet, pencil

Use the activities on the back of this sheet to explore your neighborhood using the five senses: sight, touch, hearing, smell, and taste. If you are unable to use one of your senses, imagine it or ask someone in your family to describe their experience of that sense.

How did each of these things make you feel? Circle the emotion you felt for each sense, then draw or write why you felt that way.

What I...	made me feel...					because...
SAW 	HAPPY	SAD	ANGRY	SCARED	SURPRISED	
TOUCHED 	HAPPY	SAD	ANGRY	SCARED	SURPRISED	
HEARD 	HAPPY	SAD	ANGRY	SCARED	SURPRISED	
SMELLED 	HAPPY	SAD	ANGRY	SCARED	SURPRISED	
IMAGINED I TASTED 	HAPPY	SAD	ANGRY	SCARED	SURPRISED	



Look up, down, and side to side.
Draw 3 things you see.



Walk in a circle. Then take 10 steps
away from where you were and
walk in a circle again. Draw what
the ground felt like under your feet.



Close your eyes and listen to the sounds around you for
10 seconds. Draw 3 things you hear.



Close your eyes and breathe
in through your nose. Open
your eyes, take 10 steps away
from where you were, and
breathe in again. Draw the two
smells you smell.

Pick three things – like buildings, plants, street signs –
and imagine you could taste them. Draw what they
might taste like, but don't actually eat them!

