

Guess the mystery item!

This sensory activity relies mainly on the sensations of touch.

The challenge is to guess what an item is without using sight, smell, taste or sound senses.

Instructions:

- Choose 5-10 different items that:
 - Can easily be held by your child
 - Have recognizable features to your child
 - Are different in shapes, sizes, and textures
- Explain to your child that you are going to ask them to close their eyes and hold out their hand to receive a mystery item. They cannot peek to see what the item is, and they can only touch/feel the object to guess what it is. They cannot look at it, taste it, smell it, or tap it to make a sound.
- Begin with an item your child could easily recognize just from touching. This will serve as more of a practice round to familiarize your child with the game and give them confidence in their guessing abilities early on.
- As they are exploring, ask them questions that would encourage them to be as descriptive as possible:
 - How does it feel (rough, soft, cold, etc.)?
 - What do you think it is made of (wood, metal, plastic, etc.)
 - Can it fit in just one hand or do you need two hands to hold it? What can the size tell us about an object?
 - If you don't know what the whole object is, are there parts that you do recognize or think you know? What object could those parts make up?
- Once they guess the item, move through the other items and continue the same process.
- If they cannot guess an item, have them open their eyes and look. It's ok to not know what an item is just by touching it. Humans have multiple senses because the world is complex, and we need different information for our brain to make sense of things. Then, go over some of the features of the item and ask them what they found the hardest to recognize.

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Before beginning this activity, I recommend going over these concepts with your child.

You can recreate this activity to highlight the smell (Guess the mystery scent) and taste senses (Guess the mystery food) as well.

5 Senses

- Humans have 5 senses that help us understand the world.

VISION HEARING SMELL TASTE TOUCH



<https://www.worldatlas.com/articles/what-are-the-five-senses.html>

- What do we use for each sense? (Have them point to each area of the body as you go through)
 - Touch-Our entire body has nerves that send signals to our brain when we touch something or something touches us. We can use the touch sense with any part of our body.
 - Sight-We use our eyes to see.
 - Smell-We use our nose to smell.
 - Taste-We use our mouths and tongue to taste things. Smell can play a big role in how we taste. If you do not have a strong smell sense, sometimes you do not have a strong taste sense
 - Hearing-We use our ears to hear.
- Some people do not have all 5 senses.
 - Some people are born without certain senses or lose them after birth. This does not mean they cannot learn or explore. Often, they will strengthen the senses they do have to find different ways to understand the world and communicate.
- What does texture mean?
 - Texture is how the surface of something feels.
 - What words can we use to describe the texture of something?
 - Smooth, soft, rough, fuzzy, slimy, etc.
 - Textures help us recognize an object using our touch sense.
- What are some common materials humans use to build things?
 - (Keep it simple) Metal, fabric, plastic, wood, glass, plant-fiber