Sensory Workout

I am learning about the days of the week through my senses.



* Each morning the girls participate in a sensory workout.
* There is a taste, touch, smell, sound and colour in a box for each day of the week.
* The same taste, touch, smell, sound and colour is explored on the same day of the week each week.
* This is building up an awareness that there is a certain taste, touch, smell, sound and colour for that particular day and it the same experience on that day each week.
* Please exchange any of the items in the table for whatever you have at home and make up your own box for each day consisting of a smell, taste, sound, touch and something to look at.

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| SenseDay | Sight -Colour | Touch | Sound | Taste | Smell |
| Monday | Pink | Rough | Whistle | Blackcurrant | Blackcurrant |
| Tuesday | White | Cold | Bell | Apple | Apples |
| Wednesday | Blue | Hot | Drum | Orange | Oranges |
| Thursday | Silver | Smooth | Maraca | Summer Berries | Strawberry |
| Friday | Yellow | Squashy | Xylophone | Lemon | Lemon |