

Eight senses

You are now going to do some activities about all your senses and about what you like and dislike.



10.1 Which sense gets to go first?

Which sense do you like best? Using the ‘Animal and senses cut-out sheet’ (remember you can download a new one), cut out the eight senses and stick them in order of which you like best in the table on the next page. You can also write the name of the sense or draw the sense.

In the last column, note why the sense is in that place. Does the sense help you because it is pleasant input? Is it a sense that bothers you a lot? Perhaps you have put a sense first because you now finally understand what you experience through that sense. Which means you can start planning what to do about it. Yay!

This activity is not about what you think is the most important sense or which sense you absolutely would not want to lose. It’s about what you’ve learned about sensory input in Part 1.

You can download the ‘Animal and senses cut-out sheet’ at jkp.com/ redeem using the code VKHMQYB.



Making Sense of Your Senses

	SENSE	WHY I'VE PUT THIS SENSE IN THIS PLACE
1		
2		
3		
4		
5		
6		
7		
8		



10.2 What works and where could you use help?

Which senses made you think about fun things – things that you enjoy?

These are good senses for me:

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.....
.....
.....
.....
.....

These senses can help you if you want to feel better.

Which senses made you think mainly about unpleasant things – things that bother you?

These senses are not so nice for me; they sometimes bother me:

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.....
.....
.....

For these senses, you can find out what you can do to be less bothered by them. And you can look for input from the senses that you do find pleasant.

10.3 Mood boards

You can do some research to find out what sensory input you do and don't find pleasant. You'll do this by making two mood boards. Mood here means 'how you feel'.

What you need

- ☆ Two pieces of cardboard, the size of a large poster (you can find them, e.g., in an office supply store, in all kinds of colours).
 - Choose a colour for ‘Hooray!’, ‘Yes!’.
 - Choose a colour for ‘Nope, not so much’, ‘Yuck!’.
- ☆ Don’t like crafts? You can make it a bit smaller with one or two A4 pages per poster.
- ☆ Pair of scissors.
- ☆ Glue.
- ☆ Stack of magazines from which you can cut out pictures, or you can print and cut out pictures from the internet.
- ☆ You may also add things like labels, sand, pebbles and other small objects that fit on the poster.

What you’re going to do

Cut out things that are to do with the senses, things that you find beautiful and pleasant and things that you do not find so beautiful – perhaps you even find them very annoying.

Stick the things you like on the first poster. Think about a title and place it on top. For example, ‘This makes me (very) happy’ or ‘Yesss!’.

Stick the things you don’t like or you find annoying on the other poster. Think about a title for this one too, for example, ‘I don’t like this (at all)’ or ‘Yuuucckkk!’.

You can cut out all the things related to the senses, such as:

- ☆ colours
- ☆ food
- ☆ clothes
- ☆ environments
- ☆ actions: sports, travel
- ☆ chill stuff: sleeping, beanbag, hammock
- ☆ surface coverings: sand, grass, tiles.

Look at the posters with your grownup. Talk about the things you have chosen.

Eight senses

- ☆ Why did you choose them?
- ☆ What is your absolute favourite?
- ☆ What's at the bottom of your list?

At <https://7zintuigen.nl/en/workbook> you will find posters and other mood boards that were made by Dutch children. The posters are translated. Take a look if you would like some inspiration.

