



My Five Senses Journal

Page 1

★ Lesson Plan 1 ★



1 SURGE Standards Focus

- Observe the world using the five senses.
- Use words and pictures to describe observations.
- Follow directions and participate in hands-on learning.



2 Learning Goals



- Name the five senses.
- Match each sense to a body part.
- Share simple observations.



3 Materials

- Journal pages
- Crayons or pencils
- Safe classroom objects
- Optional real items to explore



4 Vocabulary



see

hear

smell

taste

touch



5 Getting Started

- Show an object.
- Ask: What do you notice?
- Let children talk, draw, and share.





My Five Senses Journal

Page 2

★ Lesson Plan 2 ★

1 Warm-Up



- Sing the five senses song.
- Point to eyes, ears, nose, tongue, and hands.
- Name each sense together.

2 Teach



- Model one object.
- Think aloud: I can see... I can hear...
- Use descriptive words.

3 Practice



- Explore real objects.
- Complete one journal page.
- Draw and trace words.
- Share with a partner.

4 Assessment



- Can the child name the senses?
- Can the child match body parts to senses?
- Can the child record one observation?



Family Extension

At home, ask your child what they can see, hear, smell, taste, and touch during everyday routines.





My Five Senses Journal

Page 3

★ Meet My Five Senses ★

Read the sentence. Trace the words.

1



I can see.

I can
see.

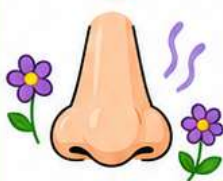
2



I can hear.

I can
hear.

3



I can smell.

I can
smell.

4



I can taste.

I can
taste.

5



I can touch.

I can
touch.



Draw yourself using your five senses.

What can you see, hear, smell, taste, and touch?





My Five Senses Journal

Page 4

★ I Can See ★

Look carefully. Draw what you see.



- 1 Draw something you can see.



- 2 Color Words Circle the colors you can see.

red

blue

green

yellow

orange

- 3 Write a sentence.

I see a _____.





My Five Senses Journal

Page 5



I Can Hear

Listen closely. What do you hear?

1 Loud or Soft?

Look at each picture. Is the sound loud or soft?



bird



bell



drum



whisper

2 Draw something you can hear.

3 Write about it. Finish the sentence.

I hear _____.

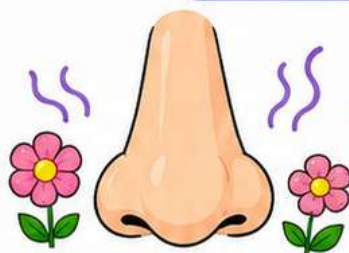
4 Circle the loud sounds.





My Five Senses Journal

Page 6



★ I Can Smell ★

Use your nose. What do you smell?

1 Smell Words

Circle the word that describes the smell.

good

fresh

strong

2 Draw something you can smell.

3 Write a sentence.

I smell _____.

Circle the smells you like.





My Five Senses Journal

Page 7

★ I Can Taste ★

With a grown-up, think about foods you taste.



1 Taste Words Read the words.

sweet

salty

sour

2 Draw a food you taste.



3 Write the sentence. Trace the words. Then write the word.

I taste _____.

4 Circle the sweet foods. Which foods taste sweet?





My Five Senses Journal

Page 8

★ I Can Touch ★

Use your hands. How does it feel?



1 Touch Words

soft

hard

smooth

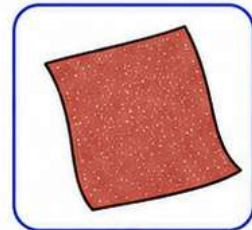
rough

2 Draw something you can touch.

3 Write the sentence.

It feels _____.

4 Match the object to the touch word.





My Five Senses Journal

Page 9

★ Five Senses Review ★

Draw or write one thing for each sense.

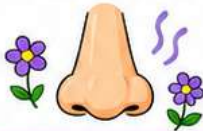
I can see.



I can hear.



I can smell.



I can taste.



I can touch.



2

Which sense helps?

Look at each picture. Circle the sense that helps you the most.



see hear smell taste touch



see hear smell taste touch



see hear smell taste touch



see hear smell taste touch

3

My favorite sense is _____



9

Great scientists explore the world with their senses!



My Five Senses Journal

Page 10



★ I Used My Five Senses! ★



My Checklist

- ☐ I can name the five senses.

- ☐ I can match senses to body parts.

- ☐ I can draw my observations.

- ☐ I can use sense words.

- ☐ I can share what I learned.



★ My Favorite Sense ★

My favorite sense is _____.

I like it because _____.

Draw your favorite five senses activity.

★ Certificate of Completion ★

This certifies that _____
completed My Five Senses Journal.



Date: _____

Parent/Teacher: _____

