



Five-Senses Adventure

Invite your child to guess an object without looking. They can listen, touch, smell, or taste, then use their eyes to check the guess.

Helps Your Child Grow



Perception

Touching, smelling, and tasting to identify an object gives your child practice gathering and comparing information through different senses.



Cognitive Self-Regulation (Executive Functioning)

Returning to different sensory clues while guessing gives your child an engaging reason to sustain attention.



What You'll Need

1. A cardboard box and one familiar object at a time, such as a bell, an orange, a strip of cloth, or a stuffed toy



Meet the Mystery Box

Place one object in the mystery box and invite your child to cover their eyes and guess what the “gift” is. They can use their ears, hands, nose, or mouth for clues. If they guess correctly, reveal the gift.

Observations

- Follows your direction and covers their eyes with the cloth
- Plays the blindfolded guessing game with you

Tips

- If your child wants to peek, say playfully, “Shh! The gift is hiding. If it sees you looking, it might run away!”
- Your child may be curious but dislike having their eyes covered. If so, invite them to close their eyes instead.
- Begin with a familiar toy, fruit, or other object so your child can connect the clues with something they know.



Investigate with the Senses

Shake the box so your child can listen and make a guess. Then take out the object and invite them to check the guess in other ways, such as touching or smelling it.

Observations

- Uses several senses while exploring and guessing an object
- Stays focused while guessing the objects

Tips

- If your child needs words for what they feel, offer choices: “Does it feel smooth, cool, or hard?”
- Remind your child that a different guess is okay - the clues they notice are what make the investigation interesting.
- If the game is unfamiliar, take a turn first. Close your eyes, listen, touch, and smell so your child can see how to investigate.
- If your child needs another clue, offer one such as, “It’s red,” or, “It tastes sweet,” to connect a sensation with a familiar object.



Reveal the Answer

After exploring the object with different senses, invite your child to uncover their eyes and see whether it matches the guess. If they want to continue, place a new object in the box and play again.

Observations

- Correctly guesses the gift inside the mystery box
- Proudly tells you, "I guessed it!"

Tips

- If your child touches the bell but guesses "ball," respond first to the clue they noticed: "It feels round. Good noticing! Listen again - this one makes a sound."
- Swap roles and let your child choose the object while you guess.
- Use a playful, surprised voice when you reveal the object so either answer becomes part of the fun: "Oh - it was you!"
- Afterward, ask, "How did it feel when you touched it? Did it feel the way it looked?"