

KID-FIT Classroom Project

“Come To Your Senses”

You will need:

- 5 large clear, plastic containers with snap tight lids (quart size)
- 2 cups each Cheerios, pretzel nuggets, dried apricots, grapes, popped popcorn
- Blindfolds for each child (ask each child to bring in a handkerchief or scarf, have a few extras on hand for those who forget)

Children will use all their senses guessing what’s inside each container:

1. Place 2 cups of each food into separate clear containers and make sure lids are on tightly.
2. Have all children thoroughly wash their hands before beginning.
3. Make sure all children are blindfolded and sitting in a circle.
4. Begin passing around the first container without letting anyone look at it. Allow each child to shake the container and listened to the noise to see if they can guess what is inside. (They won’t be telling anyone what they think it is until the game is almost over).
5. Once all children have passed the container around take the lid off and pass it around again. This time children will smell the food as it goes around.
6. The third time around children will get to touch the food for a second.
7. Next children will taste a piece of the food
8. Remove the blindfolds. Pass the food around so that each child can see what it is. Ask how many of them guessed what the food was.
9. Repeat the above process with the other foods now or one by one during the week.
10. Whatever the food item is, make sure you have enough of it to offer as a snack the same day. It’s an example of a healthy food snack that is good for their brain.
11. Discuss the 5 senses and that the brain helps them to work.

Note: If your room gets completely black with the lights out, you can use the light switch instead of blindfolds.