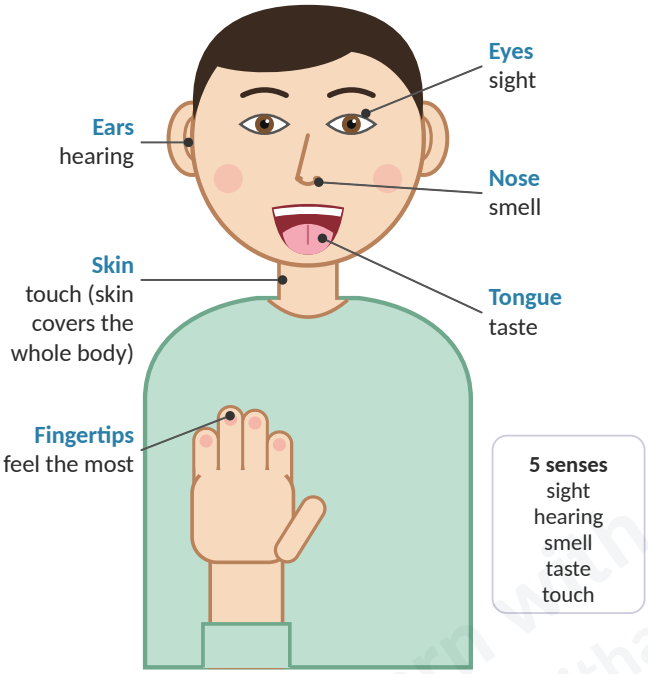
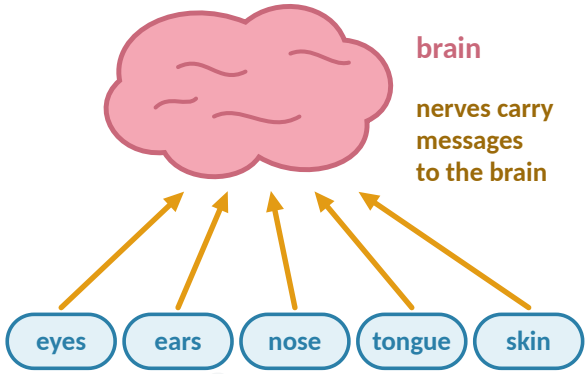
LEARN WITH AKSHADA · PICTURE LESSON

Our five senses

How do you know the mango is ripe, the chai is hot and Amma is calling? Your body has five helpers that find out about the world around you.



Our sense organs: eyes, ears, nose, tongue and skin.



Every sense organ sends messages to the brain.

For the parent *read in 1 minute*

We have five main senses: **sight** (eyes), **hearing** (ears), **smell** (nose), **taste** (tongue) and **touch** (skin). Each sense organ picks up something from the world (light, sound, smells, tastes, touch) and sends messages along **nerves** to the **brain**, which makes sense of them.

At Class II, aim for three things: match each sense to its organ, notice how senses work together, and learn to care for them. The tasting game on page 4 needs a grown-up and a quick allergy check.

How to use these pages

- Read one step panel a day (pages 2 and 3). Let your child point to each sense organ in the big picture on this page.
- Try the activities on page 4: the mystery bag and the listening walk need almost nothing.
- Finish with the quick check on page 5. The answers are on page 6.

Talk about it *before turning the page · 5 minutes*

1. **Close your eyes. Which senses can you still use?**
   Listen for: hearing, smell, touch and taste; only sight is switched off.
2. **How can you tell, without looking, that someone is frying pakoras?**
   Listen for: the smell, and the sizzling sound.
3. **Why do we blink when dust blows towards us?**
   Listen for: eyelids shut quickly to protect the eyes.

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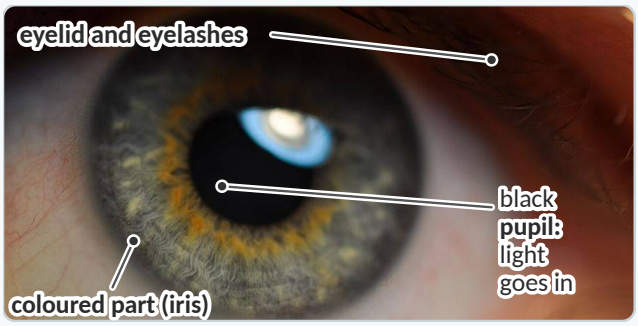
Step by step: our sense organs

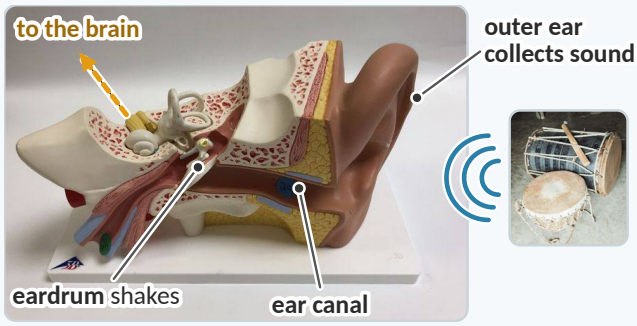
Read one panel at a time. Let your child use that sense on something nearby before you read the words.



1 Eyes: sight

With our eyes we **see** colours, shapes, how big things are and how far away they are. Light goes into the eye through the round black **pupil**. Eyelids and eyelashes keep out dust, like a door and a brush.

Remember: Never look straight at the Sun. Read and draw in good light.

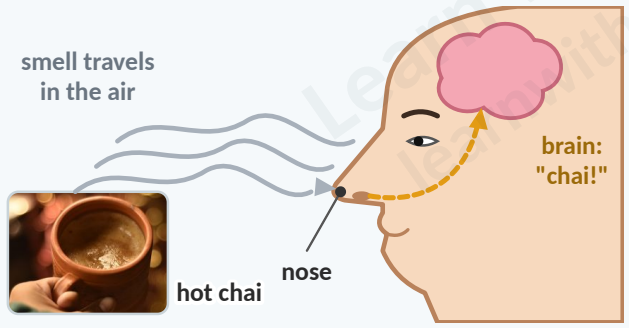


2 Ears: hearing

With our ears we **hear** sounds: loud and soft, high (a whistle) and low (a big drum). The outer ear collects sound. Deep inside, a thin **eardrum** shakes when sound reaches it, and a message goes to the brain.

For curious minds: parts deep inside the ear also help us keep our balance.

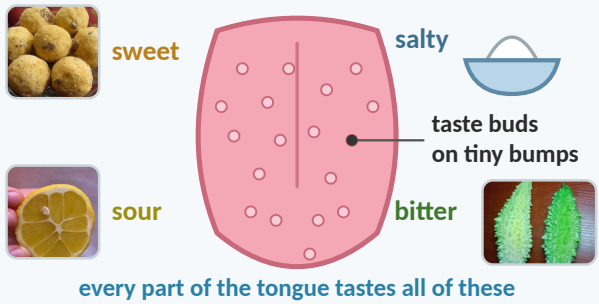
Remember: Never put anything inside your ear, not even a pencil or a hairpin.



3 Nose: smell

Smells float in the air. When we breathe in through the **nose**, it sends a smell message to the brain: "hot chai!" or "jasmine flowers!" Smell also helps us taste: food tastes dull when the nose is blocked by a cold.

Remember: The nose warns us of smoke, gas or spoilt food.



4 Tongue: taste

The tongue tastes **sweet**, **sour**, **salty** and **bitter**. It is covered with tiny bumps that hold **taste buds**. All parts of the tongue can taste all these tastes.

For curious minds: a fifth taste, **umami**, is the savoury taste of tomatoes and mushrooms. Chilli "hot" is not a taste; it is a feeling of heat and sting.

Remember: We taste with our tongue, and smell helps.

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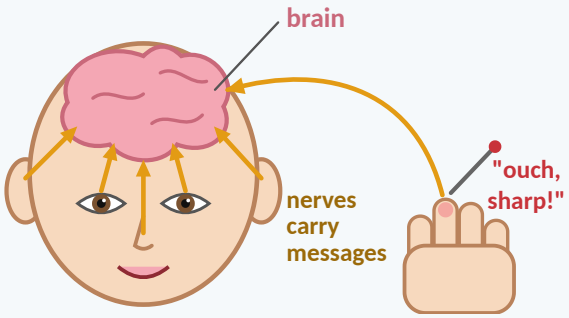
Step by step (continued)



5 Skin: touch

Skin covers our whole body. It is our **largest** sense organ. Skin feels hot and cold, rough and smooth, soft and hard, a gentle press and pain. Our **fingertips** feel the most.

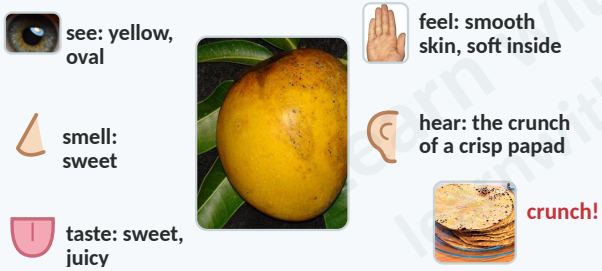
Remember: Skin tells us how things feel.



6 Messages to the brain

Each sense organ sends messages to the **brain** along thin threads called **nerves**. The brain works out what it means: "that is a ball", "that is Amma's voice", "ouch, sharp!" Then it tells the body what to do.

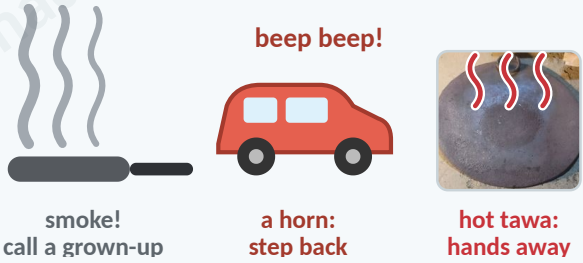
Remember: Sense organs collect; nerves carry; the brain understands.



7 Senses work together

Eating a mango uses many senses at once. Your eyes see it, your nose smells it, your tongue tastes it and your fingers feel it. Bite a crisp papad and your ears hear the crunch!

Remember: We often use many senses at once.



8 Senses keep us safe

Senses warn us of danger. The nose smells smoke or gas, the ears hear a horn, the skin feels a hot tawa, the eyes see a puddle or a step. Tell a grown-up at once.

Remember: Our senses help keep us safe.

Everyone uses their senses

Some people cannot see, or cannot hear. They use their other senses even more. People who cannot see can read **Braille**: patterns of raised dots felt with the fingertips. Many people who cannot hear talk in **sign language**, using their hands, face and eyes.

Caring for our sense organs

- Eyes: good light, no rubbing, less screen time.
- Ears: no loud music; clean only the outside.
- Nose: blow it gently into a clean hanky.
- Tongue: brush teeth, rinse your mouth.
- Skin: bath daily; keep cuts clean.

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Activities to try at home

1. Mystery touch bag



A grown-up puts 5 safe things in a cloth bag: a spoon, a cotton ball, a coin, a comb, a small stone. Reach in without looking. Is it soft or hard? Rough or smooth? Guess, then take it out.

Safety: nothing sharp, nothing that could break.

2. Smell jars

A grown-up puts a little of each in small jars or katoris: lemon peel, jeera, elaichi, tulsi, a curry leaf. With eyes closed (or a soft blindfold), sniff and guess.

Safety: grown-up chooses only foods and spices; waft the smell to your nose with your hand, never sniff powder up close.

3. Taste test

Taste a tiny bit of each on a clean spoon and sip water in between: **sugar** (sweet), **lemon juice** (sour), **salt** (salty), **karela** or black coffee (bitter). Which face did you make?

Safety: tiny amounts only; check allergies first; a grown-up prepares everything.

4. Listening walk

Walk slowly round the house or garden for 5 minutes, without talking. Count the sounds you hear: birds, a pressure cooker, a scooter. Was each one **near or far**? **Loud or soft**? **High or low**?

Sounds I heard: _____

5. Which sense? Sorting game

Write these on slips and sort them under **see, hear, smell, taste, touch**: a rainbow, a temple bell, a jasmine flower, a sour tamarind, a soft kitten, a pressure-cooker whistle, a bright kite. Some fit two senses: talk about it!

6. I spy: near and far

Take turns: "I spy something **round** and **red**", "something **far** away", "something **smaller** than my hand". Then cover one eye and try to touch two pencil tips together. Is it harder?

Safety: hold the pencils at arm's length, away from the eyes; play in daylight; never look at the Sun or stare at bright lights.

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Key points to remember

- We have **five senses**: sight, hearing, smell, taste and touch.
- The **sense organs** are the eyes, ears, nose, tongue and skin. Skin is the largest.
- Sense organs send messages along **nerves** to the **brain**, which tells us what they mean.
- We often use **many senses together**, and our senses help keep us **safe**.
- Care for your sense organs: good light, no loud noise, nothing in the ears or nose, keep clean.

Quick check

10 questions · answers on page 6

1. How many main senses do we have?
   (a) three (b) four (c) five (d) ten

2. Light goes into the eye through the:
   (a) eyelash (b) black pupil (c) eyebrow (d) eyelid

3. Which is the largest sense organ?
   (a) skin (b) nose (c) eye (d) tongue

4. True or false: we taste sweet only with the tip of the tongue.
   ☐ True ☐ False

5. True or false: it is safe to look straight at the Sun for a short time.
   ☐ True ☐ False

6. Match each sense organ to its sense. Write the letter.

1. Eyes ___	A. smell
2. Ears ___	B. touch
3. Nose ___	C. sight
4. Tongue ___	D. hearing
5. Skin ___	E. taste

7. **Put in order.** Write 1, 2, 3, 4. A ball is thrown to you.
   ___ The brain understands: "a ball is coming!"
   ___ Your eyes see the ball.
   ___ You put out your hands and catch it.
   ___ A message goes along a nerve to the brain.

8. Lemon juice tastes:
   (a) sweet (b) sour (c) salty (d) bitter

9. Name two senses you use when you eat a hot samosa.

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10. **Why** should we never put a pencil or hairpin inside our ear?

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Answers

1. (c) five: sight, hearing, smell, taste and touch.
2. (b) black pupil. It is a hole that lets light into the eye.
3. (a) skin. It covers the whole body.
4. False. Every part of the tongue can taste sweet, sour, salty and bitter.
5. False. Never look at the Sun, even for a short time: it can hurt your eyes.
6. 1-C, 2-D, 3-A, 4-E, 5-B.
7. 3, 1, 4, 2 (top to bottom). Eyes see the ball (1), a message goes along a nerve (2), the brain understands (3), you catch it (4).
8. (b) sour.
9. Any two: sight (see it), smell (smell it), taste (taste it), touch (feel it hot and crisp), hearing (hear the crunch).
10. It can hurt the eardrum, a thin part deep inside the ear. Hurting it can make it hard to hear.

Notes for the parent

- The old "tongue map" (sweet at the tip, bitter at the back) is a myth. Taste buds all over the tongue sense every basic taste.
- Chilli heat is sensed as heat and pain, not as a taste; that is why chilli on the skin can also burn.
- If your child often squints, sits very close to the TV, or does not respond when called, mention it to your doctor for a simple eye or hearing check.
- Talk about people who are blind or deaf with respect: they live full lives, using Braille, sign language, a white cane or hearing aids.
- The text, questions and drawings on these pages are original; the drawings are simple diagrams, not exact anatomy. The photos are used under the free licences listed below (licence texts: creativecommons.org/licenses).

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