

Senses [Meeting 2]

Overview

Girls have fun exploring their five senses and how they use them in everyday life. They also learn about what life would be like without one of their senses.

Note to Volunteers

A few agenda activities in this meeting plan have two options—one that can be done inside and one to be done outside (*Get Girls Outside!*). Carefully read through both activity options and choose one to add to your meeting plan agenda. **Please note all PDF-printed documents list the description and materials required for both the inside and outside options—you will only need to purchase materials for one option.**

The excitement and fast pace of running troop meetings for the first time can sometimes leave us tongue-tied. For that reason, scripting is included for guiding girls through a meeting; these "lines" are under the heading "SAY." However, you know your girls best. If you feel you don't need the script, do what makes sense for you and your girls.

Prepare Ahead

- Take used margarine containers or old plastic ware with lids and punch a few small holes in the lid. If the container is transparent, make sure to wrap it in paper so the girls cannot see inside.
- Find four items with strong smells. Some examples could be lemon, orange, peppermint or peppermint gum, chocolate, soap or detergent, or grass.
- Fill a spray bottle $\frac{3}{4}$ full of water. Squeeze 4-5 lemons into the water, or use several drops of lemon oil in the water.
- Dye two quarts of milk with food coloring – one can be pink, one can be blue. Bring one that isn't dyed and is still white. (Substitute water for milk if there are dairy food allergies in your group.)
- Bring 3 brands of 3 different of snacks – 3 different kinds of apple slices, 3 different brands of popcorn and 3 different brands of crackers (or snacks of your choice). Each type of snack should be taken out of its original package and put in containers labeled 1, 2 or 3 – in total there should be 9 containers 3 of each labeled 1, 2 or 3. Be sure to record which snack brand corresponds to the labeled container.
- Create a poster with a taste test chart – the name of the snack should be across the top of the columns and the numbers 1, 2, and 3 should be the rows.
- Fill 4-5 shoeboxes with different textured items. Some examples could be small stones, sand, clay, a fuzzy blanket, and grass.

Get Help from Your Friends and Family Network

Your Friends and Family Network can include:

- Girls' parents, aunts, uncles, older siblings, etc.
- Other volunteers who have offered to help with the meeting.

Ask your network to help:

- Make snacks
- Welcome girls to the meeting
- Supply materials for the session

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Meeting Length

90 minutes

The times given for each activity will be different, depending on how many girls are in the troop. Plus, girls may really enjoy a particular activity and want to continue past the allotted time. As much as possible, let them! That's part of keeping Girl Scouting girl-led! And what do you do if you only have an hour for the meeting? Simply omit some of the activities.

Materials**Activity 1: As Girls Arrive**

- Sheets of paper
- Markers, crayons

Activity 2: Opening Ceremony

- PDF of Girl Scout Promise and Law

Activity 3: Sniff and Whiff — Inside Option

- Four margarine tubs or plastic containers with holes in the lids (should not be translucent)
- Markers, crayons
- Paper
- Items that smell such as lemon, orange, peppermint or peppermint gum, chocolate, soap or detergent, cinnamon, chili powder, potted plant, or grass.

Activity 3: Follow the Smell — *Get Girls Outside!*

- Items with a strong scent, like citrus fruit, flower, planted plant, or cheese
- Paper plates
- Blindfolds

Activity 4: Smell and Go Seek — Inside Option

- A spray bottle of lemon water or lemon oil.

Activity 4: Smell and Go Seek — *Get Girls Outside!*

- A spray bottle of lemon water or lemon oil

Activity 5: Rainbow of Flavors

- Milk that has been dyed with food coloring (at least 2 different colors). Substitute water for milk if there are dairy food allergies in your group.
- Cups for each girl with each color, including the regular-colored milk

Activity 6: Taste-bud Bonanza

- 3 different brands of 3 different kinds of snacks – 3 different kinds of apple slices, 3 different brands of popcorn and 3 different brands of crackers, each put in unmarked containers
- Taste test chart poster

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- Crayons and markers
- Sheets of paper
- Paper towels

Activity 7: Point and Touch — **Inside Option**

- Wood popsicle sticks, enough for each girl

Activity 7: Point and Touch Outside — **Get Girls Outside!**

- Sticks from the ground outside

Activity 8: Shoebox Stomp — **Inside Option**

- 4-5 shoeboxes filled with different textured items. Some examples could be small stones, sand, clay or Play-doh, a fuzzy blanket, and grass.

Activity 8: Outdoors Stomp Course — **Get Girls Outside!**

- On separate boards (planks) or in a flat area outdoors, lay out different textures. For example, in one area, put small stones. In others, put sand, grass, and a fuzzy blanket.

Activity 9: Closing Ceremony and Take Action Reflection

- Senses badges, one for each girl

Detailed Activity Plan

Activity 1: As Girls Arrive

Time Allotment

5 Minutes

Materials

- Sheets of paper
- Markers, crayons

Steps

As girls arrive, have them sit down and draw two pictures.

SAY:

- Draw a picture of something you love that smells good, one of your favorite smells! And then draw one picture of something that doesn't smell so good

Activity 2: Opening Ceremony

Time Allotment

10 minutes

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Materials

- PDF of Girl Scout Promise and Law

Steps

Gather girls in a circle. Welcome them to the second Senses meeting. Have girls say the Girl Scout Promise and the Girl Scout Law together.

SAY:

- *In our last meeting, we learned all about how we use our senses. Does everyone remember what your five senses are? Your five senses are sight – where you use your eyes to see, sound – when you use your ears to hear, smell – using your nose to sniff, taste – where you eat something, and feel – using your body to touch. Last meeting, we talked mostly about sight and sound. Today, we are going have fun with the three other senses, smell, taste and touch.*
- *When you drew your pictures of things that either smell good or bad, what did they make you think of? Is there a smell that makes you think of a person? Or is there a smell that makes you feel a certain way? Smells can create strong emotions in people and are one of the strongest sense you have. In fact, if you didn't have your sense of smell, you also wouldn't be able to taste.*
- *So let's dive into smells and see what we discover.*

Activity 3: Sniff and Whiff — Inside Option**Time Allotment**

15 minutes

Materials

- Four margarine tubs or plastic containers with holes in the lids (should not be translucent)
- Markers, crayons
- Paper
- Items that smell such as lemon, orange, peppermint or peppermint gum, chocolate, soap or detergent, cinnamon, chili powder, potted plant, or grass.

Steps

Ask girls to form a circle. Give each a piece of paper and a marker or crayon. Starting with one tub, pass it around and allow each girl to smell the top of the container. Ask them to think about what the smell is and how it makes them feel. Have them write down their guesses on their paper, and then give the right answers at the end.

SAY:

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- [After revealing the answers] *So what smell gave you the strongest feeling? Was it a good feeling or did it make you feel sad? Which smell was hardest to guess? Why do you think that was?*

Activity 3: Follow the Smell — *Get Girls Outside!***Time Allotment**

15 minutes

Materials:

- Items with a strong scent, like citrus fruit, flower, potted plant, or cheese
- Paper plates
- Blindfolds

Steps:

Girls pair up and lead their partner to find the smell.

SAY:

- *A human nose can recognize up to 10,000 different kinds of smells. Let's put yours to the test!*
- *Each team takes a plate with an item on it and smells it.*
- *Your partner puts on a blindfold while you hold the plate in front of her and let her follow you only using her sense of smell. No touching. Go straight, make turns, and see how far she can follow you. And then switch! Try different plates of smells, too!*

[When girls have finished, **SAY:**]

- *What smells were the easiest to follow?*

Activity 4: Smell and Go Seek — *Inside Option***Time Allotment**

10 minutes

Materials

- A spray bottle of lemon water or lemon oil.

Steps

Choose one girl to be the person to hide. Give her the spray bottle, and ask her to spray it as she goes to her hiding place. The other girls count to 20. Then, using their sense of smell, see if they can seek out the hiding girl. Play a few rounds, or even mix up the smells.

SAY:

- *Your sense of smell can help you find all kinds of things. In fact, police dogs are*

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pecially trained to use their sense of smell to find people in disasters or even track missing people or criminals.

- *Using your sense of smell, see if you can track down your friend.*
- *[After hide and seek is over] How did using your sense of smell compare to using sight?*

Activity 4: Smell and Go Seek — *Get Girls Outside!***Time Allotment**

10 minutes

Materials:

- A spray bottle of lemon water or lemon oil

Steps

Gather girls outside. Choose one girl to be the person to hide. Give her the spray bottle and have her spray it when she's in her hiding place. The other girls count to 20 and, using their sense of smell, see if they can find the hiding girl.

Play a few rounds or even mix up the smells.

SAY:

- *Your sense of smell can help you find all kinds of things. Police dogs are specially trained to use their sense of smell to find people in disasters or even to find missing people or track down criminals.*
- *Using your sense of smell, see if you can track down your friend.*

[When girls have finished the game, **SAY:**]

- *How did your sense of smell compare to using your sight to find your friend? Which one did you use more?*

Activity 5: Rainbow of Flavors**Time Allotment**

10 minutes

Materials

- Milk that has been dyed with food coloring (at least 2 different colors). Substitute water for milk if there are dairy food allergies in your group.
- Cups for each girl with each color, including the regular-colored milk

Steps

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Line up 3 cups in front of each girl at a table – one cup should contain regular milk, one should have pink milk, and one should have blue milk. Have the girls each try the different milk cups.

SAY:

- *The sense of taste can change based on your other senses. Earlier, we learned that you can't taste something if you can't smell it. Your sense of sight can also play tricks on you. Let's see how sight can affect taste by trying these three glasses. Try each one, and after you've tried each glass, write down the color of the one that tasted the best.*
- *Did they taste different to you? Which one tasted best? Why do you think that was? Did the color change whether you liked it or not? [Let girls know it was the same milk just dyed different colors.]*

Activity 6: Taste-bud Bonanza

Time Allotment

10 minutes

Materials

- 3 different brands of 3 different kinds of snacks – 3 different kinds of apple slices, 3 different brands of popcorn, and 3 different brands of crackers, each put in unmarked containers
- Taste test chart poster
- Crayons and markers
- Sheets of paper
- Paper towels

Steps

Arrange each version (1, 2 and 3) of each snack on a table in front of the girls. Let them try each kind of each snack. They can take notes on the paper, but they should add their initials in the square on the taste test chart.

SAY:

- *It's time to really put our tasters to the test. Let's see how each of us likes different kinds of the same type of snack. When you are trying each snack, remember that there are taste buds all over your tongue. Some taste buds like salty things, other taste buds like things that are sweet.*
- *So when you are trying something, you should make sure it hits all your taste buds before you decide what you like best.*
- *After you've decided whether you like 1, 2 or 3 of each snack, sign your name or initials up on the poster and we'll see which kind is the winner.*

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Activity 7: Point and Touch**Time Allotment**

15 minutes

Materials

- Wood popsicle sticks, enough for each girl

Steps

Give each pair of girls a popsicle stick. Have one girl close her eyes, and the other gently glide the popsicle stick on different parts of her friend's skin. Have them try the back of the calf of the leg and their foot.

SAY:

- *Now that we've tested our sense of taste, let's learn more about touch. Even though we feel things all over our body, some parts of our body are more sensitive to touch than other parts.*
- *Have you ever gotten a scrape or cut on your knee or leg? Did it feel the same as when you got a cut on your finger? That's because you feel the sense of touch in different ways on different body parts.*
- *Take turns with your partner gently rubbing the popsicle on different parts of your friend's body.*
- *Are there times when it feels different? Are there parts where it tickles? Do you always feel the popsicle stick? See if you can find which parts of your body might be more sensitive to touch.*

Activity 7: Point and Touch Outside — *Get Girls Outside!***Time Allotment**

15 minutes

Materials

- Sticks from the ground outside

Steps

Girls pair up. Have one girl take a stick while the other closes her eyes. The girl with the stick will gently slide it on different parts of her friend's skin, like her hand, arm, leg, or foot.

SAY:

- *We feel things all over our body. Some parts of our body are more sensitive than other parts.*

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- *Have you ever gotten a scrape or cut on your knee or leg? Did it feel the same as when you got a cut on your finger?*
- *Take turns with your partner gently rubbing the stick on different parts of your friend's body.* [Besides touching a stick to different areas of the body, girls could find items in nature and touch them to the skin and try to guess what they are, e.g. rock, leaf, stick, pine cone, pine needles...]

[When girls are done, **SAY:**]

- *What was it like to feel the stick [or other objects] on your skin?*
- *When did it feel ticklish? Sensitive?*
- *What parts of your body do you think are sensitive to touch?*

Activity 8: Shoebox Stomp — Inside Option**Time Allotment**

10 minutes

Materials

- 4-5 shoeboxes filled with different textured items. Some examples could be small stones, sand, clay or Play-doh, a fuzzy blanket, and grass.

Steps

Have girls take off their shoes and socks and form a line. The shoeboxes should be lined up in front of them. Have them step into each box and feel what's inside with their feet. After everyone has stepped in all the boxes, have a discussion and then try it again putting their hands in each box.

SAY:

- *So now that we know touch feels on different parts of our body, let's try to feel things with our feet instead of our hands. Our feet are one of the most sensitive parts of our body. Do you think your feet can make it through our shoebox obstacle course? Let's try it!*
- [After they've all gone through] *Which boxes were the hardest to step on? Which ones felt nice?*
- *Which ones weren't so comfortable?*
- *Let's see if we feel the same way after trying it with our hands.* [After everyone puts their hands in the boxes]
- *Did anything change? Do you think your hands or your feet are more sensitive?*

Activity 8: Outdoors Stomp Course — Get Girls Outside!**Time Allotment**

10 minutes

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Materials

- On separate boards (planks) or in a flat area outdoors, lay out different textures. For example, in one area, put small stones. In others, put sand, grass, and a fuzzy blanket.

Steps

Have girls take their shoes off and form a line. The stepping areas should all be close to each other. Have them step into each area and feel what's inside with their feet. As soon as everyone has stepped in each area, have girls do it again by putting their hands over the area.

SAY:

- *Now you know what touch feels like in different parts of your body, you'll try it with your feet. Our feet are one of the most sensitive parts of our body.*

[After girls have finished, **SAY:**]

- *Which area was the hardest to walk on?*
- *Which area felt nicest?*
- *Which area wasn't so comfortable?*
- *How was it different using your hands?*
- *Were your hands or feet more sensitive?*

Activity 9: Closing Ceremony and Take Action Reflection**Time Allotment**

10 minutes

Material

- Senses badges, one for each girl

Steps

Hand out Senses badge to each girl.

SAY:

- *So today we had fun finding out about senses of smell, taste and touch.*
- *Remember that many of your senses work together to help you figure out what's around you.*
- *When you are exploring, try using all five of your senses at once – you may discover something you've never experienced before!*
- *As we talked about in our last meeting, as a Girl Scout, you get to help people and make a difference. Before you get your badges, was there another idea you thought of today to help people who might not be able to taste, smell or touch?*
- *Have girls form a friendship circle to get their Senses badges.*

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SAY:

- *What was your favorite part of earning this badge?*
- *What was the most interesting thing you learned?*

Ask a girl to end the ceremony by starting the friendship squeeze.