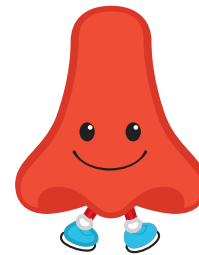
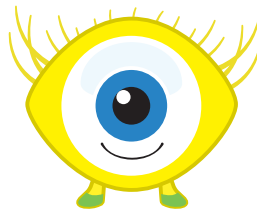
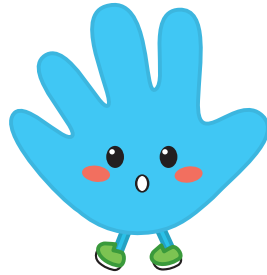
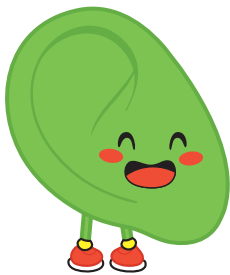


## Herbs and Spices Senses Activity



Adult supervision required

### You will need:

- 6-8 organza bags
- 6-8 different dried herbs and spices
- 6-8 small pieces of card

### Questions to ask:

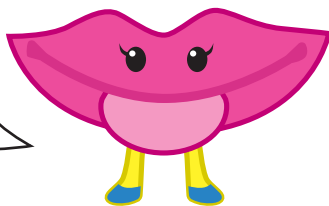
- Can they guess what is in each bag?
- Which bag smells the best? Why?
- Which bag feels the best? Why?
- Which bag looks the best? Why?
- Which bags didn't they like the smell of?
- Which senses did they use in this game?
- Did they like playing the game?

### What to do:

- Put one type of herb or spice in bag
- Number each bag and write a list so you know what is in each one
- Tie the ribbon tightly and trim the excess ribbon so the bags can't be undone
- Hand them to your children
- Ask them to smell, feel (through the bag), look, shake and listen to what is in each bag. All senses can be used except for taste!



Taste isn't required in this activity. Bah!



Please do not leave children unsupervised with this activity, as it requires adult supervision. Thank you to St Michael's Pre-School, Peterborough (OFTED Registration 256826) for allowing us to reproduce/adapt their senses activity.