

5 SENSES SCAVENGER HUNT

A flexible grounding activity that turns noticing into playful exploration.

AGES 4+

5-10 MIN

ADULT TOGETHER

INDOORS OR OUT

WHAT YOU NEED

A pencil or marker, this page or a blank sheet, and one caregiver-approved food or drink for the taste prompt.

TRY IT

- 1 Choose a familiar indoor or outdoor space. Tell your child they may pause, skip a sense, or change the number at any time.
- 2 Notice and name: 5 things you see, 4 things you can safely touch, 3 things you hear, 2 things you smell, and 1 familiar food or drink you can taste.
- 3 Finish with one question: What did you notice that you had not noticed before? There are no wrong answers.

WHY IT HELPS

Slow, choice-based noticing can support present-moment awareness and sensory vocabulary. It can also help a child identify which sensations feel comforting, neutral, or too much.

MAKE IT YOURS

Use pictures, pointing, signing, or a communication device instead of spoken answers. Try fewer items, use only comfortable senses, or let the child lead the route.

SUPPORT + SAFETY

Only taste a caregiver-approved food or drink. Never taste found plants, objects, or unknown substances. Check allergies and avoid busy or unsafe areas.