Brainstorm Tool to:

Create a 5 Senses Journey

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What is your setting?	
What time of day is it?	
What season is it?	
What might we see?	**How can we describe what we see?**
What could we see up close? What could we see far away? What could we see when we look up? What could we see when we look down?	Describe the color, size, shape and texture of at least one setting detail that you might see.
What might we feel?	**How can we describe what we touch?**
How could the ground feel under our feet? What could we pick up or reach out and touch with our hands? How could the air feel on our skin?	Describe setting details that you might touch with your hands, feet or skin. Descriptive vocabulary for touch: hard, soft, squishy, bouncy, bumpy, rough, dry, wet, damp, smooth, rough, gritty, silky, slippery, slimy, gooey, sticky, fuzzy, fluffy, sharp, prickly, scratchy, hot, cold, cool, warm, freezing, stiff, flexible, floppy

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What might we hear?	How can we describe what we hear?
Is this setting loud or quiet place? Are sounds here from nature or human made? What sound could it make when we walk? Could any of the things we have seen or touched make a sound?	Describe the sounds of this setting and the sounds we might make in this setting Descriptive vocabulary for sound: loud, noisy, blaring, blasting, booming, quiet, hushed, soft, sweet, tinkling, melodic, rhythmic, banging, beeping, chiming, ringing, echoing, clacking, clanging, clicking, shrill, screeching, whistling, squeaking, buzzing, humming, fizzing, groaning, growling, gurgling, bubbling, crunching, clattering, crashing, honking, popping, rumbling, rustling, scrunching, thumping, wheezing, whining, whirring, zooming
What might we taste?	**How can we describe what we taste?**
Is there anything we could eat in this setting? Is there anything that could accidentally get in our mouth in this setting?	Describe setting detail that you might taste in this setting either on purpose, or by accident. Descriptive vocabulary for taste: delicious, disgusting, rotten, yummy, tasty, sweet, sour, tangy, salty, bitter, bland, sticky, thick, gritty, slimy, hard, soft, fluffy, oily, spongy, crumbly, dry, fizzy

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What might we smell?	How can we describe what we smell?
Does this place have a smell?	Describe the sounds of this smells we might encounter in this setting
Could any of the things we have seen, touched, heard or tasted make a smell?	Descriptive vocabulary for smell: fresh, delicious, perfumed, sweet, tangy, sour, rotten, stinky, stale, damp, stuffy, dusty, oily like... a flower, a fruit, smoke, medicine, fish, dirt, mud, grass, snow, mint, chocolate, vanilla, cinnamon, books, markers

After you brainstorm

- **Choose only 3 elements to explore in depth**, so that the journey does not take too long. You can always take another journey to the same setting on another day to explore more elements in detail.
- **Choose elements that can be experienced and described through multiple senses.** For example, if you are going to a rainforest, you might stop at a waterfall which you can see, hear, feel & taste.
- **Choose elements that children will gain understanding of through acting out with their bodies and voices.** For example, if you are going to a farm, you might stop at pig pen to make squishy noises for mud, pretend our feet are stuck and make faces to show how the pigpen smells.
- See the **Support Tool** for examles and sentence starters to make your own **5 Senses Journey Map.**
- **Make sure that all 5 senses are used in the journey** you have planned.