5 Senses Journey Map

Element 1

ANNOUNCE:

DESCRIBE:

DO:

WE TRAVEL TO Element 2 because:

Element 2

ANNOUNCE:

DESCRIBE:

DO:

WE TRAVEL TO Element 3 because:

Who We Are:

Our Setting Is:

Our RITUAL for entering and exiting

WE LEAVE the Setting because:

Element 3

ANNOUNCE:

DESCRIBE:

DO:

Brainstorm Tool to:

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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.

Support tool...

5 Senses Journey

Examples & Sentence Starters for the 5-senses journey

Announce!	Describe!	Do!
We are in front of a big door	It's made out of rough brown wood and it is very heavy	Let's push this heavy door open and make the creaking sound
We standing on a muddy pathway	The mud is black and squishy and it is so deep that it is covering our shoes! Our feet are a little bit stuck!	Let's see if we can walk in this mud. Squish....Squish.....Squish
We are underneath tall trees covered in autumn leaves	The leaves on the trees are all kinds of different bright colors and different shapes! Some of the leaves are red and pointy. Some are yellow and curved.	Let's shake the the trees to make the leaves fall down. Catch a leaf! Turn to a friend and tell them what color and shape your leaf is.
We are in a field of flowers	The flowers are bright pink and they smell like cotton candy. When we pick them we have to be very careful, because they are very delicate and light.	Lets all pick a flower and smell it!! Ahhhhhhhhhhh! Uh oh they are making us sneeze! Ah Chooooooo!
We are on the edge of the ocean	The water is blue and sparkly. Listen to the sound of the waves! Feel the cold water tickling your toes! Uh oh! Here comes a big wave! Splash!	Lets shake all of that cold off. Wipe it off of your face. Oh did anyone taste a bit of the water? It tastes really salty!

We travel because...

We see are curious about the next place:

Look! There is a castle at the top of the mountain. Let's climb up the rocks to check it out!
Do you hear that? It's a wooshing sound! Let keep walking to find out what it is.
Wait a minute! I smell cinnamon! I think it's coming from behind that door! Let's open it and find the cinnamon smell!

We want to get away from something here:

Let's get away from these flowers! They are making us sneeze!
This cave is too cold and damp. Let's go outside!
I don't like that growling sound! Lets go use our magic dust to go home!