

# YOUR 6 SENSES

**GOAL:** Introduce students to their 6 senses.

**OBJECTIVES:** Students will

- Understand the importance of staying safe.
- List their 6 senses and make real world connections that will help keep them safe.



**MATERIALS NEEDED:**

- **Sense of Safety & Beyond! Activity Book**, one for each student if possible, or **print the inside front cover**. Available online in TOOL KIT: <https://rocketrules.org/sense-of-safety-and-beyond-materials/>
- **Guide: Use this lesson/review prior to every safety lesson**
- **Crayons and pencils.** Overhead projection of activity (optional)

Let's name our 6 senses...they all help keep us safe.

First is our sense of **sight**, seeing. We use our eyes. Everyone blink your eyes 3 times. Can anyone name another sense? That's right! We have **hearing**. We use our ears. Point to your ears.

--Next is your sense of **smell**. We use our nose. Wiggle your nose 3 times.

--Next is **touch**, we use our hands and fingers. Touch your hair.

--Then we have **taste**, we use our mouth. We know how good ice cream tastes.

--And we have a **6th sense**, that feeling in your tummy when something is not quite right. It is very important to use your senses wherever you are: at school, home, and all-around town, or walking home. Your senses help keep you **SAFE**.

**ACTIVITY:** Have students color the inside front page of Rocket and the chart of senses.

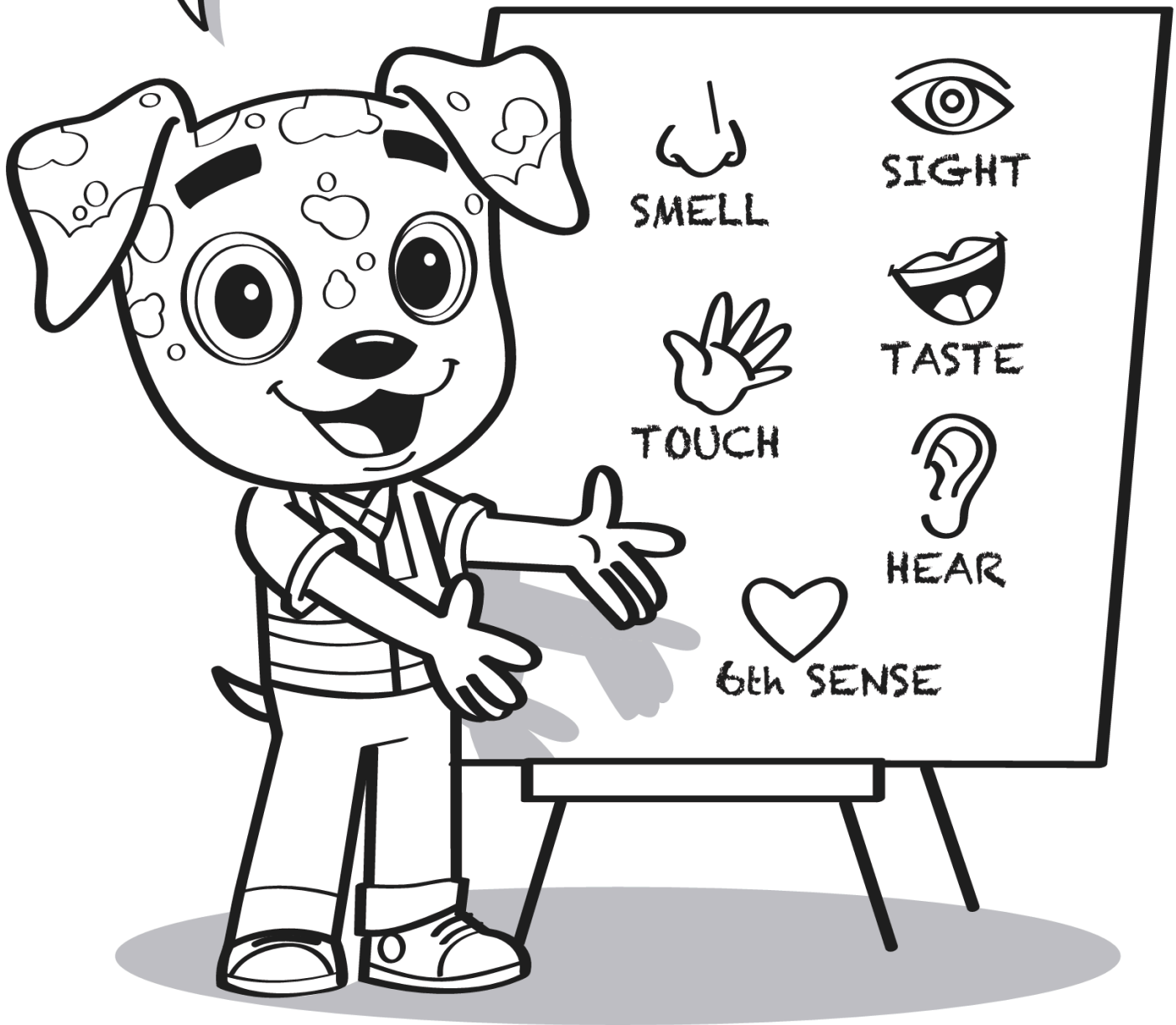
**REFLECTION QUESTIONS:**

1. What sense do you use when someone yells for help.
2. What sense do you use when something is on fire.
3. What sense do you use to cross the street safely.
4. How do you know ice cream tastes good and is cold?
5. How do you know a puppy or kitten is soft
6. If we meet a stranger offering candy, what sense tells you something is wrong?

**REMEMBER:** Please fill out the quick survey (1-2 min) following this presentation. Go to Tool Kit page: <https://rocketrules.org/sense-of-safety-and-beyond-materials/>

**Hi I'm Rocket.**

**Today we're going to talk about using your senses to keep you healthy and safe.**



**Complete all the activities in this book and become a member of Rocket's Sense of Safety & Beyond! team.**

# Congratulations!

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For Completing the lesson  
**6 senses**

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You're a Rocket Rules  
Safety Super Star!

Instructor signature \_\_\_\_\_

Signature Rocket  \_\_\_\_\_ Date \_\_\_\_\_

