



# SENSE OF SAFETY & Beyond! Lesson Plan

Topic to teach: 6 Senses grades: K-2

Length of lesson: 30 min

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

## Objectives:

- To name senses
- To describe how senses can be used to stay safe
- To Identify what each sense does

## Vocabulary:

*Discuss these terms prior to the lesson:*

Sight, hearing, taste, touch, smell, 6th sense

## Materials:

1. "I Can" statement printed and cut out
2. Sense of Safety & Beyond! Activity book, inside front cover
3. Crayons and pencils
4. (Optional) Projection of lesson

## "I Can" statement:

*Display and read the "I Can" statement before and after lesson delivery.*

I can name and describe how many senses keep me safe!

## Attention Grabber

Tell the students to listen very carefully to the story about Rocket. You will be asking what SENSES he used throughout the story.

*It was a Saturday morning and Rocket's mom was sleeping in. He decided to quietly make himself breakfast. He poured some milk for his cereal but it smelled kind of funny. "Hmmm... this might make me sick, I'll pour it out and have toast instead!" He thought. He put the toast in the toaster and turned around to find the jelly. 'Sniff... sniff sniff!' Something smelled a little hot and smokey. Rocket popped the toast out early. The smell quickly went away. After eating his toast, Rocket thought he might go outside to play. He was putting his shoes on when he heard loud arguing outside. When he looked out the window, there were two people he did not know talking loudly to each other. It was a sunny warm day and he could have just played out back, but... he just had a funny feeling in his belly. He decided to stay in and watch tv. After one episode of his favorite superhero cartoon, he decided he would have a little snack before mom woke up. He grabbed an apple off the counter and put it to his mouth, but it tasted strange, like maybe it was not clean, he decided he should wait.*

How did Rocket use smell to stay safe? Taste? Sight? Hearing? His 6th sense?

Who knows what sense Rocket did not use in this story? (Touch)

Who has ever used the sense of touch to stay safe? How? (Maybe the ground felt hot or cold so you put on shoes before playing outside barefoot)



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Lesson: Activity Book, Inside front cover

## Lesson

### 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.
- Next 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 then, there's your 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, all-around town, the mall or walking home. Your senses help keep you SAFE.

In Rocket's Sense of Safety & Beyond Activity book, have students color the inside front page of Rocket and the chart of senses.

## Extended Thinking

- How can we use our sense of sight to keep us safe?
- What things can we smell that warn us of danger?
- How can we use taste to keep us safe?
- What sounds can we hear that tell us if a place is safe or unsafe?
- What are some objects that are not safe to touch? (Broken glass, kitchen knives, medicine, etc)

2nd grade: Guide students through a discussion of using their "sixth sense" to warn of danger. This could be a combination of all senses telling your body something is not right. You may feel nervous, scared, sweaty, or even sick.

## Standards

1.2.2 Recognize that there are multiple dimensions of health.

CCSS.ELA-LITERACY.SL.K.4 Describe familiar people, places, things, and events and, with prompting and support, provide additional detail.

CCSS.ELA-LITERACY.SL.1.4 Describe people, places, things, and events with relevant details, expressing ideas and feelings clearly.

CCSS.ELA-LITERACY.SL.2.4 Tell a story or recount an experience with appropriate facts and relevant, descriptive details, speaking audibly in coherent sentences.

# Use Your Senses

To gain a Sense of Safety  
at all times

## EYES (SIGHT)

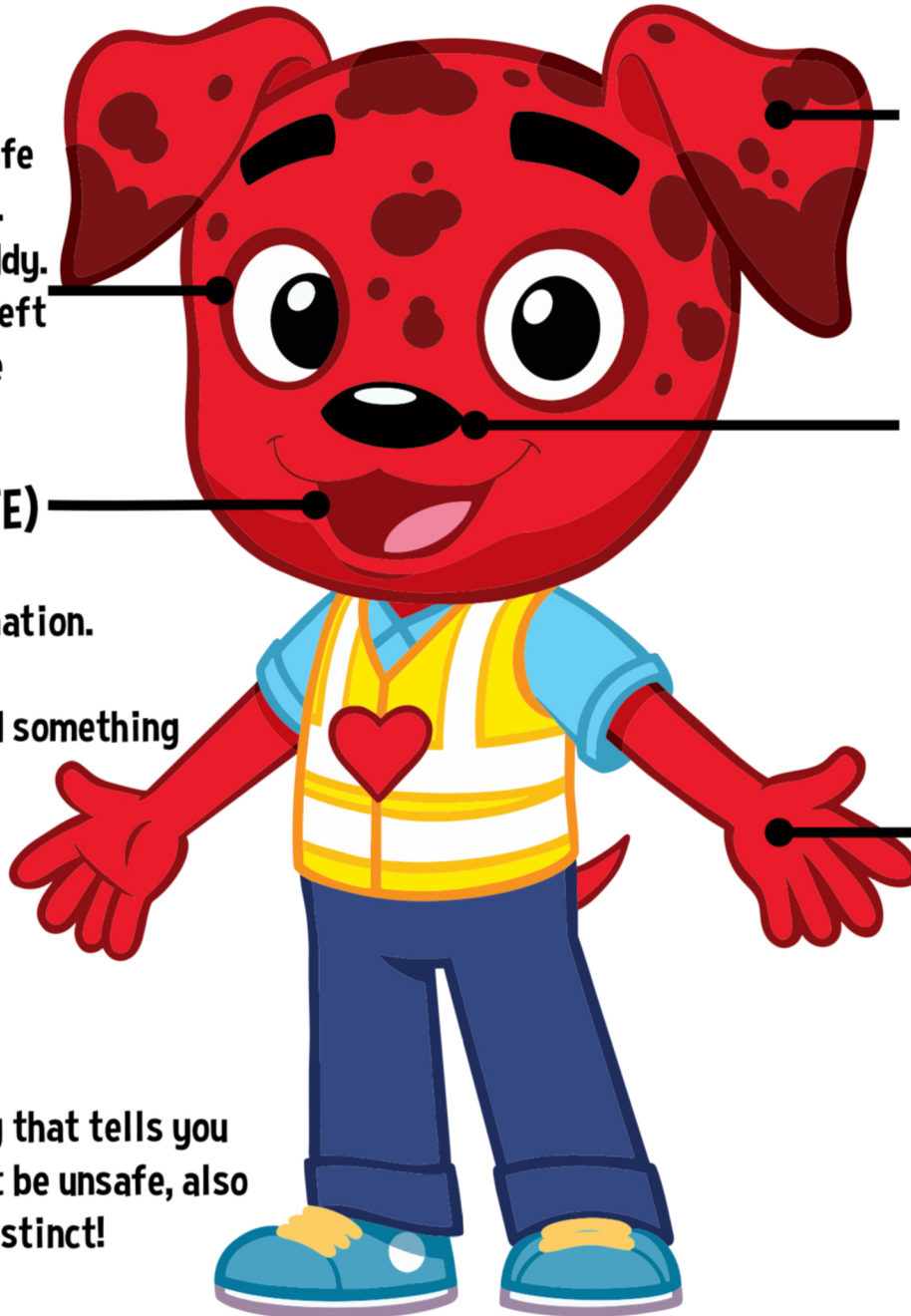
- Find exits, landmarks, and safe people and places.
- Observe your buddy.
- Look left-right-left when crossing the street.

## MOUTH (TASTE)

- Tell safe people important information.
- Call 9-1-1 for help if you tasted something poisonous.

## 6TH SENSE

- A strong feeling that tells you something might be unsafe, also known as your instinct!



## EARS (HEARING)

- Hearing sirens is a warning of possible danger.

## NOSE (SMELL)

- Smelling smoke, burning objects or trash tells you something is not right.

## HANDS (TOUCH)

- Avoid touching dangerous objects like knives, guns, needles, trash and junk.





I can name and  
describe how many  
senses keep me safe!

## VOCABULARY

Sight

Smell

Hearing

Taste

Touch

6th sense



# 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 \_\_\_\_\_

