

# Journey Through the Five Senses

As we move through different experiences and environments, it's a great time to teach your AAC user about their senses. Whether it's tasting and smelling new foods, seeing familiar faces, or hearing various sounds, this resource will help your user identify and label their senses and how they feel.



## Hearing:

**Sound Identification:** Use pre-recorded sounds on the device or record your own environmental sounds (e.g., a car horn, a dog barking). Animal and transportation sounds are a great place to start! Select a sound and have your learner identify the sound or match it to a picture. Target the phrase "I hear..." and take turns selecting different sounds. Try adjusting the volume and labeling if the sound was loud or quiet.



## Sight:

**Scavenger Hunt:** Use the QuickTalker Freestyle to label different colors and shapes. Have your learner explore their space to find an item that matches the color or shape you provided. Based on your learner's language level and processing style, label the item on the device with a single word, two-word combination (e.g., color + item), or a short phrase (e.g., I see....). Then, have your learner take a turn as the clue giver!



## Touch:

**Texture Discovery:** Have students feel various materials or textures and label them on their device (e.g., bumpy, smooth, soft). This is a great activity to do outside! Try touching the grass, leaves, or tree bark and labeling how they feel.



## Smell:

**Scent Tour:** Take a tour around your therapy space to find items that might smell stinky (e.g., trash can, stinky feet) and items that might smell good (e.g., candles, cookies, soap). Have your learner label on their device how each item smells. Scratch and sniff stickers or scented markers are great for this activity!



## Taste:

**Taste Test:** Ensure your learner's device is programmed with taste descriptors or flavors (e.g., yummy, yucky, spicy). During snack time or lunch, do a taste test of different food items and ask your learner how it tastes. You can also show pictures of different foods and have them label the flavor or if they like the food. Use this activity to prepare for upcoming holidays, like Thanksgiving, by showing holiday foods to help your learner get ready!