

## Brownie: Senses

Hey Girl Scout! Do you like to explore the world around you? Are you using all of your senses to do it? You have five senses that work together to let you see, hear, smell, taste, and touch the world around you. When you've earned this badge, you will know how to use all five of your senses to explore the world!

### **Step 1. Look Around**

1. Its time to practice exploring the world around you using your sense of sight! First take a minute to name the colors of the rainbow using the acronym ROYGBIV.  
**Red, Orange, Yellow, Green, Blue, Indigo, Violet**
2. Pick three different areas to explore. You can choose different rooms in your house go outside to the front porch or even walk around the neighborhood with an adult. In each area look around for each color represented in ROYGBIV.
3. Get creative with it, draw a picture of the different colors saw in each area or make a list in a journal! A good explorer keeps track of what they learn!

Supplies needed:

1. Your eyes
2. Paper, markers, and pens if you want

### **Step 2. Speak without words**

1. All over the world people live without the being able to hear. They communicate using sign language. Use the attached video and learn the ABCs of Sign Language.
2. Practice you ABCs by spelling out your name with sign language and other household objects you see. Take turns signing easy words to one another. Learning
3. Challenge yourself by learning the Girl Scout Promise in ASL. Take it one step farther and record a video of you doing it to share with your troop!

Supplies needed:

1. None

### **Step 3. Put your nose to work/ Step 4. Taste Test**

1. One person might think something smells really good, while the next person thinks it smells really bad-everyone smells in a different way. Try out your nose by blindfolding yourself and smelling a few different things you have in your house!
2. Start by putting on a blindfold.
3. Then have an adult or friend pick a few different fragrant foods from you fridge or pantry like cheese, or citrus fruit, peanut butter or even Nutella.
4. Smell each of the different foods then take a guess at what each food is!
5. Then take your fingers, pinch your nose, taste each of the foods and guess what they are.
6. Make sure you change up the order between smelling the foods and tasting them!
7. To use your sense of taste you need your mouth and your tongue. These body parts taste food and then send signals to your brain to let you know what flavor is and whether or not you like it!
8. Taste the foods again without pinching your nose, does being able to smell the food affect how they taste?
9. When you are done, see if you guessed correctly!

Supplies:

1. Blindfold or Bandana
2. 3 or 4 different food items from your fridge or pantry
3. Paper
4. Writing utensil

**Step 5. Touch and Feel**

1. You use your hands and fingers for your sense of touch which helps you feel different textures or surfaces.
2. When someone loses their sense of sight they rely on their sense of touch to read by using Braille. Braille is a system of raised dots. Use the Braille alphabet to figure out how to write your name in Braille.
3. Use glue or puff paint to write your name in Braille.

**Supplies**

1. Braille alphabet
2. Glue or puff paint
3. Index card