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The Five Senses

We use our five senses to explore the world around us. Our eyes help us see things like colors and shapes. Our ears let us hear sounds, such as music or a barking dog. Our nose helps us smell things like flowers or cookies baking. Our tongue allows us to taste foods that are sweet, salty, sour, or bitter. Our skin lets us touch and feel if something is soft, rough, hot, or cold. All of these senses work together to help us learn and stay safe.

What do we use our eyes for?

Name one thing you can smell with your nose.

Which sense helps us know if something is hot or cold?



