

# Summer

**Each season stimulates the senses in its own unique way. Try the sensory activities below with your child this summer. See page 2 for additional ideas and summer-themed books to read together.**

**SIGHT** While going on summer outings, help your child learn the importance of noticing the landmarks around her. Take a walk in a park or around your neighborhood. Choose a path with which your child is not familiar. Pick a destination. On the way to the destination, you be the leader. Point out landmarks along the way. For example: “Look, there is a statue of a man riding a horse. Let’s count the park benches. We will turn after we pass three park benches. When we turn, the little wooden bridge is in front of us. We will walk over the bridge.” When you arrive at your destination, review the landmarks you passed with your child. Then reverse directions and return to where you started from, but this time allow your child to be the leader and you follow her directions. Remind your child to look for the landmarks for guidance.

**HEARING** Play a game of hide-and-seek outdoors that relies on the sense of hearing. The person who hides carries a whistle. When he is hidden, he blows the whistle and the others start seeking based on where they think the sound came from. The hiding person silently counts to ten and then blows the whistle again. This continues until the hiding person is found.

Another version of the game can be played in a swimming pool. One player finds a spot in the pool to stand while the other players close their eyes and count to ten. When they finish counting, they seek out the person who is “it” with eyes closed while shouting “Marco” and listening for the response “Polo.” The person who is “it” can continue to move as the other players try to follow and catch him by listening to his voice and determining where it is coming from. With younger children, don’t allow the hider to change positions once seeking has begun.

**TASTE** Enjoy a trip to an ice cream shop each week of the summer break with your child. Try a different flavor of ice cream each week. Have her describe how the ice cream flavor of the week tastes and record the descriptions. At the end of the summer, compare the tastes of different flavors. Which flavor did your child like best? Which ice cream flavors were similar?

**TOUCH** Gather 6 cups of cornstarch, 3 trays of ice, and 3 pans. Find a sunny place outside to work. Place the pans on a flat surface. Have your child measure and add 2 cups of cornstarch to each pan. Then add 8 ice cubes to the first pan, 12 ice cubes to the second pan, and 16 ice cubes to the third pan. Wait for the ice to melt. This is a perfect opportunity for your child to measure time passed in minutes. Next, have your child

mix the water and cornstarch together. Have your child squeeze the mixture in his hands and through his fingers. Ask him what words describe how the mixture feels. Encourage him to compare the three mixtures in terms of touch. For example, “This goop is stickier than that goop.”

**SMELL** Pick some fresh herbs from your garden or buy them at a farm stand or market. Cut or print out pictures of the plants the herbs were cut from. Have your child match the herb sample to the proper picture. Tell your child the name of the plant and have her smell the plant and describe what she smells. Is it a strong or faint smell? Is it sweet or spicy? When you finish, have your child close her eyes while you hold one herb at a time under her nose. Do not allow your child to look at, touch, or taste the herb. Instead, have her identify each herb by its scent.

**SIGHT, HEARING, TOUCH, TASTE, and SMELL** Pick a favorite campfire song and write new lyrics for it together. Remember to include what you see, hear, taste, touch, and smell while sitting around a campfire. Practice singing your song together several times. If you get hungry, enjoy some s’mores!

### More Summer Ideas

Have your child sift through sand and describe what it feels like.

Bring sketchbooks to the beach or the pool, and draw what you see.

Prepare a fresh fruit salad together.

Ask, “What are your favorite sounds of summer? Why?”

Ask your child what summer foods have the best smells.

### Book List

*Bats at the Beach* by Brian Lies. Houghton Mifflin Harcourt, 2006. Ages 4-7.

*The Berenstain Bears and Too Much Vacation* by Stan and Jan Berenstain. Random House, 1989. Ages 3-7.

*Daisy Dawson at the Beach* by Steve Voake. Candlewick, 2012. Ages 6-9.

*Ice Cream Summer* by Peter Sís. Scholastic, 2015. Ages 4-8.

*I See Summer* by Charles Ghigna. Picture Window, 2011. Ages 2-4.

*It’s Summer!* by Linda Glaser. Millbrook, 2003. Ages 4-8.

*The Night Before Summer Camp* by Natasha Wing. Grosset & Dunlap, 2007. Ages 4-8.

*One Crazy Summer* by Rita Williams-Garcia. Amistad, 2010. Ages 8-12.

*Summer Days and Nights* by Wong Herbert Yee. Henry Holt, 2012. Ages 2-6.

*The Whale in My Swimming Pool* by Joyce Wan. Farrar, Straus, and Giroux, 2016. Ages 2-6.