

Dear Family Member,

Today your child listened to a read-aloud about the parts of the body. Read the poem to your child and talk about the parts of his/her body.



All About Me: We Use Our Senses to Learn

I have five senses. You have five, too.
Without our five senses, what would we do?

Senses help you experience being alive.
Sight, smell, taste, touch, hearing—all five.

Just under your forehead, two eyes give you sight
To see reds and yellows, colors shiny and bright!

Between your eyes, your nose helps you smell.
Some smells are delightful, others less swell.

If you block your nostrils, you'll put smells on hold
Has that ever happened when you've had a cold?

Lick your lips now. What part did you use?
Your tongue is the part that helps you taste foods.

Do you like your foods salty, bitter, or sweet?
Perhaps sour lemons are your special treat!



That's three of your senses—sight, smell, and taste
The fourth's split in two on both sides of your face.

Your ears work together to help you hear noise
Do you ever wear headphones like this little boy?

Quiet sounds and loud sounds—your ears hear them all—
Both your cat's low purring and your dad's loud call.

Your fifth sense is touch. Touch your face, touch
your toes. What's helping you feel?
Does anyone know?

Your skin's sense of touch is all over the place—
Every inch of your body, not just your face!

How does it feel when you jump in a pool?
Is it hot? Is it cold? Is it warm? Is it cool?



Senses help you experience being alive.
Sight, smell, touch, taste, hearing—
that's five.