

GINA & OLLIE EXPLORE EXPLORE WITH YOUR SENSES

Five familiar ways to notice the world.



SIGHT • EYES

Notice colors, shapes
and movement.



HEARING • EARS

Listen for sounds.



SMELL • NOSE

Notice scents
in the air.



TOUCH • SKIN

Feel texture, warmth
and coolness.



TASTE • TONGUE

Taste flavors in food.

PAUSE & NOTICE

Choose one sense.
What do you notice?

Only taste food a grown-up says is safe.

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