



St Oswald's
Hospice

Engaging the senses

You have 5 senses – sight, smell, sound, taste and touch.

You use at least one of your five senses every moment of every day and they are on duty even when you are asleep!

Your senses work together to let your brain know what is going on around you.

The following webpages have some great examples of poetry about the senses and some simple activities to engage the senses at home:

- [8 activities using the 5 senses to try at home](#)
- [5 senses in poetry](#)
- [sensory poems](#)

