

Juicy, Crispy, Crunch!

Using our senses can help us feel good and enjoy our favourite foods, places and things even more.

WHAT TO DO:

1. Eat something tasty, visit a cool place or do something you enjoy.
2. Describe what you can see, hear, smell, taste and feel. E.g. Deep red, white as snow, bursting with juice, smooth like stone.

IT LOOKS...

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IT SOUNDS...

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IT SMELLS...

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IT TASTES...

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IT FEELS...

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I'D LIKE TO USE MY SENSES MORE WHEN I'M...

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