

Cumbria County Council

**What can I do
today?**



This week it is ...Senses

Sunday

Using all our senses

- Make some popcorn together. We use all our senses when making popcorn.
- **Sight**- look at the kernels /grains before you cook them and then look at the popcorn after it has been cooked.
- **Hear**- listen to the sounds of the popcorn, popping as it heats up in the pan or microwave.
- **Smell**- smell the lovely aroma of the popcorn as it cooks.
- **Touch**- feel the warm popcorn or the soft texture of the popcorn.
- **Taste**- taste the popcorn on your tongue as you eat it.

Please check for any allergies and always supervise children when doing this activity