



SELF EXPRESSION

Explore Your Senses

People who lose the use of a sense (seeing, hearing, smelling, tasting, touching) face daily challenges. Pick a sense. Pick something you do every day. Design a way to still do that thing without that sense. Explore how your senses help. Try these!

- Fix your hair without looking (sight)
- Watch a favorite TV show or movie with the sound off or use noise canceling headphones. You can turn on subtitles. (hearing)
- Eat a favorite food while holding your nose. (smell)
- Can you think of some more ways to explore your senses?



Write about it: Write about this in your journal. Was anything hard to do? Describe the experience and way it made you feel.