

# Brownie Senses Badge



The Brownies *Senses* badge will give Girl Scouts an opportunity to explore their senses (hearing, smelling, seeing, tasting, and touching, and more), and how their senses influence how they feel about the world around them. We experience the world using our bodies and our senses help us interact with and learn about our environments.

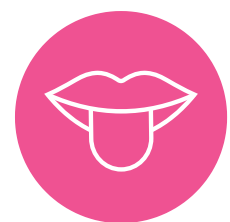
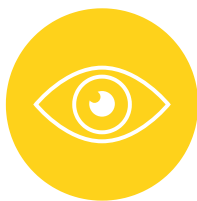
It is important to note, that while sight, smell, touch, taste, and hearing are the commonly discussed senses, the human body has many more. These other senses include pressure, thermoception, tension sensors, hunger, nociception, proprioception, interoception, vestibular sense, nociception, chemoreception, magnetoception, electroreception, chronoception, baroreception, equilibrioception, hygrereception, thermoception, and kinesthesia.

Check out this link for additional information about the other senses:

<https://www.youtube.com/watch?v=osChE163jJQ>

**Time needed to complete this badge:** Between and 1.5 hours and 2 hours

**Supplies needed:** old magazines, paper, pencil or pen, glue or tape, nine different food items (grapes, strawberries, cheese, etc.), copies of the attached worksheets.



## 1. Sight: What do I see?

**Option 1:** Make a collage of pictures from old magazines with images and words that make you smile! These images can include anything you would like. Tape or glue these pictures on a separate sheet of paper or on a poster board. When you are finished, share this collage with someone and tell them about the wonderful images that you added on your sight collage.

**Option 2:** Say cheese! With adult permission, use a digital device to capture 10 awesome things that you see. These pictures can be of random objects in your home, flowers outside, pictures of family members or a pet. Print the pictures and make a collage, or make a digital collage online.

## 2. Sound: What do you hear?

Pick 4 places that you have easy access to (your home, an outside space in your neighborhood, a local park, the grocery store, a restaurant, etc.). Using the “What Do I Hear” worksheet, write down 3 to 5 sounds that you hear in these spaces. For example, at a restaurant you may write: people having a conversation, someone coughing, utensils hitting plates, laughter, etc.

Bonus: Create a play list of 10 of your favorite songs! Make copies and share with friends or send the link to the playlist if you have a way to share songs digitally. Extra bonus, make a family playlist with everyone in your home. Have everyone contribute a few songs and create a fun, upbeat playlist. Then have a dance party and play the music off your playlist. This is a fun activity to do with your family, plus dancing is a great way to exercise!

## 3. Smell: Scent Log!

Now it is time to activate our sense of smell! With the help of an adult, go around your home and smell different items. Scents can be found everywhere, but there are always fun things to smell in the kitchen, especially if someone is preparing a delicious meal! 😊 Spices are a great way to start! There may also be food in the refrigerator that you can smell. Smell your hand soap before you wash your hands. Are there other items in your home with a scent? Candles? Beauty products? Shampoo and conditioner?

Use the worksheet titled “Scent Log.” As you are going around your home (or even an outside space), write the names of the items in the hearts that have a pleasant scent. Write the items in the triangles that do not have a great scent.

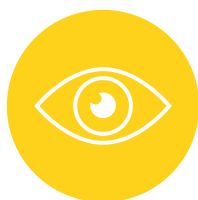
## 4. Touch: Mystery Bag!

To explore touch, play the mystery bag game!

How to play: Fill a paper bag, reusable grocery bag, or dark trash bag - any bag (or a box with a hole in the top just big enough for a hand to go through) would work as long as you can't see what is inside. With other Girl Scouts, or with your family or friends, fill the mystery bag with safe items around your house. Take turns passing the bag around and allow people to guess the items that they are touching.

Extra tip: You can place one item in the bag at a time and give everyone playing an opportunity to guess what the object it. Whoever guesses correctly, gets a point.

Discussion question after the game: Ask the participants how it felt to touch something without seeing it.



## 5. Taste: Senses Challenge!

With the help of a grown up, play the game, **Name That Food!**

How the game is played:

Collect 5 to 10 food items that you can find at home. These should be simple items (fruit, a piece of cheese, crackers, an olive, pickles, etc.). It can also be liquids (water, juice, milk, etc.). The Brownie will be the host of the game. The goal is to see if the participant(s) can name the food item that they are eating while their eyes are closed or while wearing a blind fold. Hand one item to each participant, one at a time. Encourage them to touch and smell the item (while blindfolded or with their eyes closed) before putting it in their mouth. Ask them to hold off guessing what it is until after they eat the item. As they taste each item, use the “Name That Food” worksheet to keep a record of what items they guessed correctly and what items they got wrong.

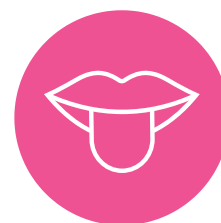
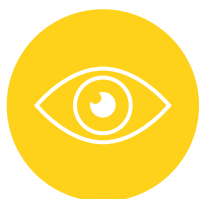
Extra tip, change the shape of the item (i.e. cut the grape in half or flatten it in order to make it more difficult for the participant. The goal is that they will need to use their sense of touch and smell more to figure out the food item.

Make sure to have a conversation with your participants prior to starting the game to ensure that you are not using food items that they are allergic to.

Discussion question for after the game: Ask your participants if the blind fold/closing their eyes had any affect on the taste of the food?

Bonus: Check out this video for more information about the relationship between smell and taste.

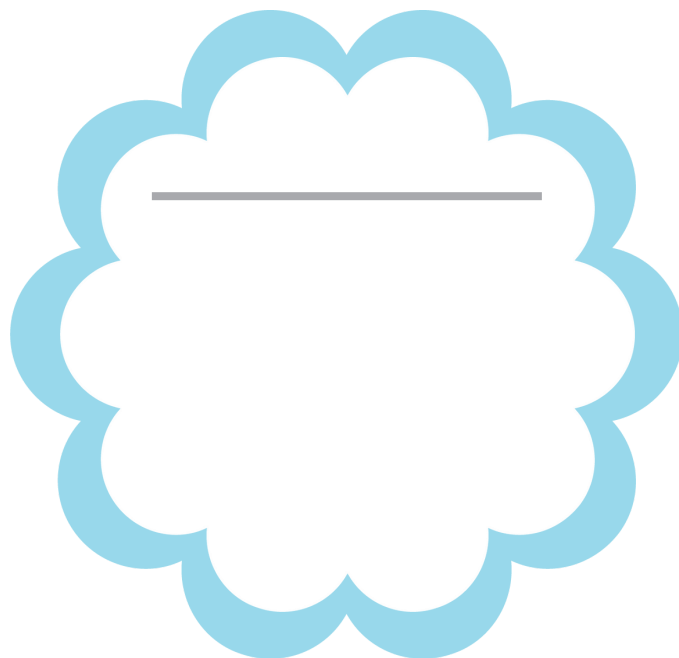
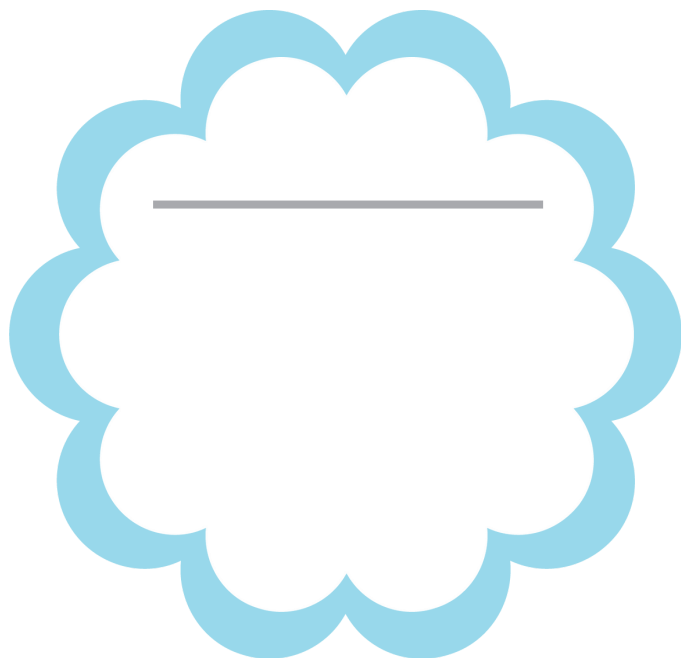
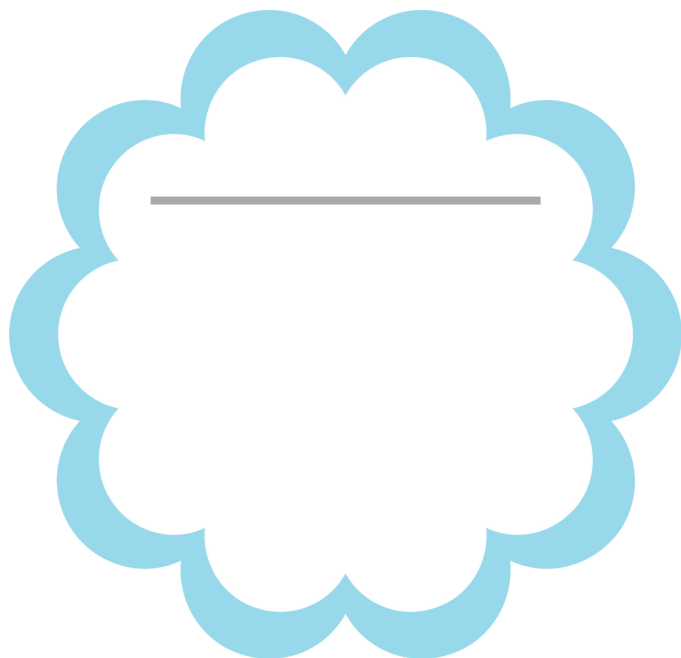
<https://www.youtube.com/watch?v=imkwAY2PtLw>



**Congratulations! You earned your Brownie Senses Badge! 😊**

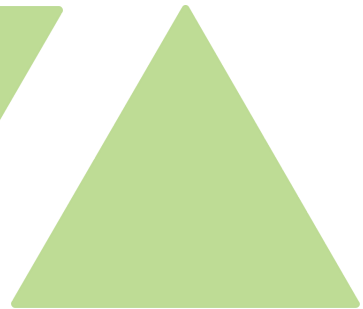
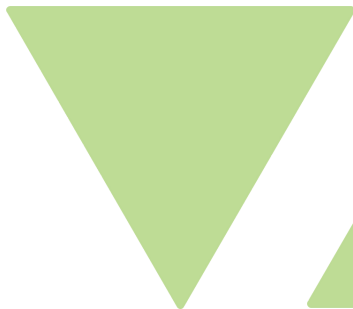
# What Do I Hear?

In the flowers below, write the name of the location on the small lines. For example, in the first box, you may write: Home. Then, in the space under the line, write 3 to 5 sounds that you hear in that space. Do this for all 4 flowers. You can also draw a small picture of the sound.



# Scent Log

In the hearts below, write the names of the items that have a smell that you enjoy.  
In the triangles, write the name of the items with smells that you do not like.



# Name That Food!

Prepare 9 food items for your participant(s). Have them close their eyes or blindfold them. Hand them one item at a time. Encourage them to smell and touch the food before tasting it. Record their guess in the circles below. Let them know if they are correct or incorrect. Have fun! 😊

Item #1

Guess

Correct or  
incorrect

Item #2

Guess

Correct or  
incorrect

Item #3

Guess

Correct or  
incorrect

Item #4

Guess

Correct or  
incorrect

Item #5

Guess

Correct or incorrect

Item #6

Guess

Correct or incorrect

Item #7

Guess

Correct or incorrect

Item #8

Guess

Correct or incorrect

Item #9

Guess

Correct or incorrect