

# ECC@Home Challenge: Sensory Efficiency

## Student Activities

☐ Create a list of smells/scents that you prefer and ones you don't

☐ Sort clean and dirty laundry by smell

☐ List the sound/smell cues/clues along a familiar travel route

☐ Listen to a song- list all the instruments you hear used

☐ Try a new food- evaluate the flavor/taste/smell

☐ Match your socks/outfits based on feel only

☐ Have a parent or teacher evaluate your listening skills

☐ Evaluate a the effectiveness of a tactile graphic

## Family-Style Concept Practice

☐ Have a family blind taste test and see who gets the most foods/drinks correct

☐ Have your child smell various spices and see if they can name them

☐ Have your child describe various clothing/fabric textures to you

☐ Take a walk around the block and list all of the sounds/smells you encounter

☐ Play 'Name That Tune' or 'What's That Sound?'

☐ Stand on the corner and have your child state when they can hear a car and what direction it is coming from

☐ Have your child orient/turn to your position/voice

☐ Go to the store and let your child pick a deodorant they like based on smell

## Parent Activities

☐ Attend the Literacy Brunch 4/5/25 at 11am

☐ Attend the See Beyond Festival at MSB 4/26/25

☐ Attempt your skin care routine with your eyes closed.

☐ Count the number of sounds you hear while shopping

## Link Resources

[Video Link](#)

[Live Binder Link](#)

<https://mdelio.org/blind-visually-impaired/expanded-core-curriculum/sensory-efficiency>

## Challenge Submission



APRIL RAFFLE PRIZE: \$50 Amazon Gift Card

**APRIL CHALLENGE SUBMISSIONS DUE:  
MAY 3, 2025 (to be eligible to win!)**

# I Can Use All of My Senses to Gather Information