Sensory Scramble
Lesson Plan

Amount of time Demo takes: 1 min.
Try this at home!

Materials
- Enough room for 3-4 people to stand comfortably.

SAFETY!
- Make sure no one falls over and hurt themselves.

Lesson’s Big Idea
- The three senses are proprioceptive (tactile), visual, and vestibular (inner ear).
- There are three main sense that help you keep your balance. The three senses are hearing, touching, and seeing.

Background Information
- The three senses are proprioceptive (tactile), visual, and vestibular (inner ear).
- As you take away more senses it becomes much harder to keep your balance.

Instructional Procedure
1. Start with all participants standing on both feet.
2. Tell everyone to stand on one foot then rotate their leg at the knee in small circles. Then have everyone try to rotate their ankle at the same time.
3. Next have everyone close their eyes at the same time as moving their leg and ankle.
4. Finally have everyone start rotate their head at the same time as all the other motions.

Assessment/Sample questions you can ask
- Why did it get harder when you added a new motion?
- What sense was it hardest to balance without?
References

Next Generation Science Standards
  ● K-5
    ○ 3-LS3-2