

Name: _____

Date: _____

Using Your Senses To Figure Things Out

Our senses send invisible signals to our brain about what's going on around us. This helps us become better social thinkers and social problem solvers.

1. Circle the senses that are important for social thinking:

- a. Seeing/Eyes
- b. Hearing/Ears
- c. Tasting/Tongue
- d. Touching/Skin
- e. Smelling/Nose



Here are some examples of how you use your senses to figure out things about other people. For each example, circle one or more senses that are being used.

2. I hear my teacher laughing and figure out that she probably thinks something is funny. I'm using my sense of:

Seeing/Eyes | Hearing/Ears | Tasting/Tongue | Touching/Skin | Smelling/Nose

3. My teacher comments on the time by saying, "Oh look! It's 11:30 already!" He says this while he's looking at the class schedule. I figure out he needs to get us ready for lunch. I'm using my sense of:

Seeing/Eyes | Hearing/Ears | Tasting/Tongue | Touching/Skin | Smelling/Nose

4. My teammate gives me a high five. I can tell she's happy that we just won our game. I'm using my sense of:

Seeing/Eyes | Hearing/Ears | Tasting/Tongue | Touching/Skin | Smelling/Nose

5. My little brother pushed me after I changed the TV channel when he was watching a show he likes. I can tell he's upset with me. I'm using my sense of:

Seeing/Eyes | Hearing/Ears | Tasting/Tongue | Touching/Skin | Smelling/Nose



This thinksheet supports the concepts taught in Social Thinking and Me

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6. I can't see it, but I know the front door just opened and closed. All of a sudden I get a whiff of pizza in the air. My dad yells, "Dinner!" I figure out that he just got home and brought us pizza. I'm using my sense of:

Seeing/Eyes | Hearing/Ears | Tasting/Tongue | Touching/Skin | Smelling/Nose

7. Use your senses to notice where you are right now. For example, look at the people or person you're with, look at the things in the room, or look out the window. Notice if there are any smells in the air. Take a moment to hear any noises both near and far away. Now, share one thing you've just figured out using your senses in this moment.
