

# PLAYING IS PRAYING!

## Games of Tasting, Smelling, Touching, Seeing and Hearing

### Praise God for our Senses!

Here are some senses games to play:

#### Do you hear what I hear?

Listen with your child, outside, with your eyes closed! A neighbor mowing, a roofer pounding, a bird tweeting, a dog barking, friends chatting, cars on the street or airplanes overhead, the chirp of crickets or the buzz of bees or the high-pitched hum of cicadas. Our ears hear all these sounds and we identify the world around us. Notice, remark and be amazed with your child.

#### Dwell on this Smell

Select a variety of spices. Smell them once and again blindfolded. Think about where you smell this aroma—does it remind you of soap, hand cream, cinnamon toast or apple pie? Does it attract you, or make you hungry or bring you a memory? Share your attractions and memories. Take turns finding more scents and fragrances and odors just for the fun of it. How keen are our noses!



#### Taste and See.

Select a variety of common ingredients such as sugar, salt, molasses, honey, brown sugar, peanut butter and jelly. Taste them once and then again with eyes covered. Talk about them. Sugar is sweet, taste and see. You only know this because you taste it. King David wrote: Taste and see that the Lord is sweet. What he meant, according to one of my favorite authors, Mary Reed Newland, was “we could grow to love being loved by God just as we grow to love sweet things—but first you have to taste and see.”

#### I Spy with my Little Eye

I spy something God has made. One of our favorite car ride games. Think of something, give a hint or two and let the guessing begin. The first to guess becomes the next

Spy. Wrap up your game with an act of praise and thanksgiving for all the gifts God has provided and for the eyes to see it.

### **Touch and Feel**

Oh my! The favorite game of older babies and toddlers! Gather from your household many things that are safe. Look, then close your eyes and touch and feel them. Help your child distinguish big and small differences and give colorful and descriptive words for what they feel and touch.

We can make ordinary awareness a game with children. Not only did God give us the awesome wonders of the world, He also gave us the means to discover, know and experience Creation through our senses. And our child's play becomes a precious prayer when we praise and thank God for those gifts.

