

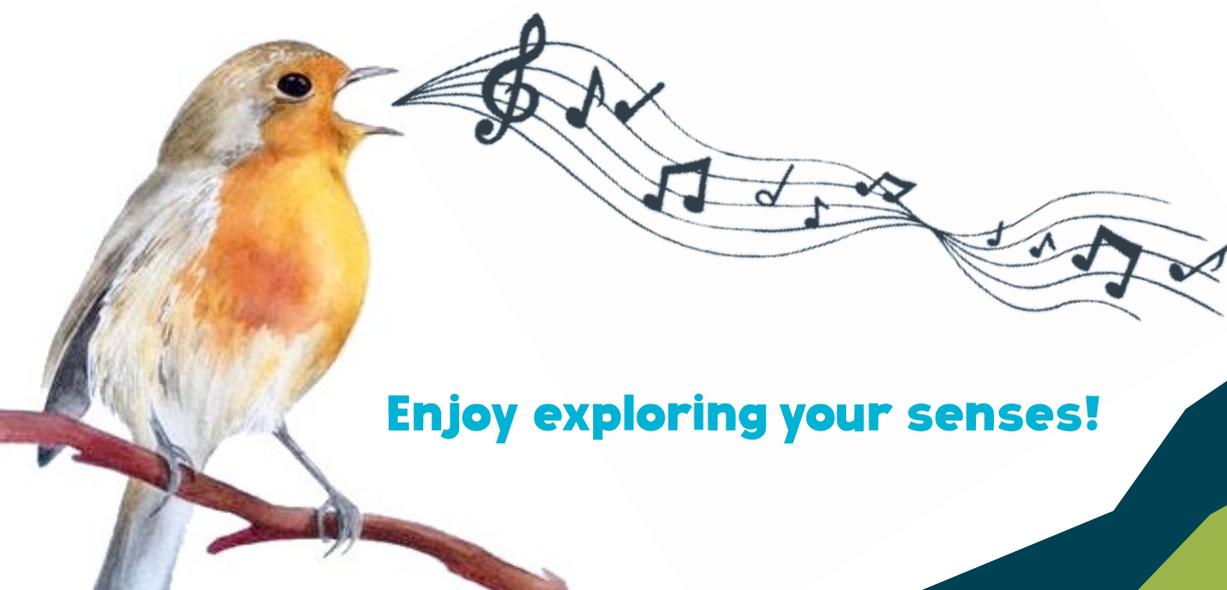


Take a sensory journey

Being outside is one of the best things we can do for our health, both mentally and physically, as well as being a fantastic space for quick and easy learning activities. A great way to do this is to go on a sensory walk. What can you see, hear, smell or feel? Take the time to consider each of your senses. This is a fun way of exploring an already familiar space, or experiencing a space in a way you may not have thought about before.

Here's some ideas of how to do this:

1. Take a listening walk outside. Simply pick a short route and walk it without talking. What different sounds can you hear? Can you hear any animals? Bird song is a common sound this time of year. Think about what each bird is saying with their song. Do they sound happy, sad, excited? Even traffic can be interesting to listen to. Does it sound like a big vehicle or small vehicle? Let your imagination run away.
2. Staying inside at home? Listen from your window or doorstep. Take the time to listen to what you can hear close by, in the middle and far away. Really think about what the nearest and furthest things are that you can hear.
3. Spring means the arrival of lots of flowers and new leaves on the trees. Plants are fantastic for exploring with smell and touch. Can you find the smelliest plant? Lots of plants use smell to attract different insects to them like bees. Take the time to really sniff each one slowly. You can also explore through touch. Gently feel the leaves on trees and bushes. Do they all feel the same? Do trees that keep their leaves in winter (evergreen) have different leaves to those that are growing new leaves in Spring (deciduous)?
4. There are some fantastic colours all around us. Go on a colour scavenger hunt to find something that is every colour of the rainbow! If you are in a green space like a park or your garden, see how many different kinds of green you can find. You might be surprised!



Enjoy exploring your senses!

Follow-up activities

Want to make your sensory walk more of a learning experience? Here are some ideas of activities you could do either during your walk or when you get home.

1. Write a story about your walk. Use different describing words to show all the senses you used e.g. smooth leaves, rumbling lorry.
2. Create a photo journey of your sensory walk. You could print this out and write down what senses you used in each photo.
3. Create some colourful art using all the different greens you found. Simply pick a small piece of the grass, leaves etc. that you find and use double-sided tape or glue to create a green collage.
4. Think about how using all your senses made you feel? Talk about this with your family or friends and think how you could use this in your day-to-day life as well.
5. Create a piece of music! Record sounds during your visit and put all these clips together when you get home. There is some great, simple and free software available on phones, tablets and desktops to be able to do this.
6. Identify bird song. Lots of websites have recordings of the different birds we hear in the UK. Either record the songs while you are out or write a description to help you identify them when you get home.

