

Senses Trail

You will need

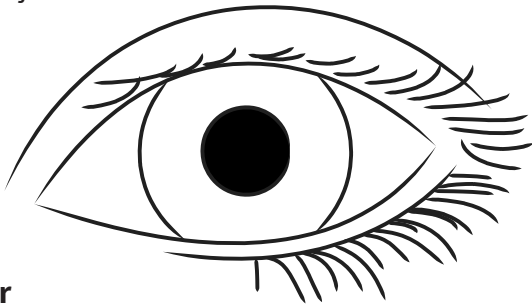
- Blindfold (bandana, teatowel, scarf, or a hoodie on backwards) or simply close your eyes
- A few sheets of paper
- Pen or pencil
- Wax crayons or charcoal

The Senses

We get information about the world around us through our senses. This sheet invites you to explore and connect with nature through a few small and easy activities. Do them together with another person, especially when you are going to be blindfolded.

See

Make a list of all the colours that make up the rainbow and any other colours you can come up with. Look around you and try to find something for each colour. If you can't see anything in a particular colour nearby, maybe you can think of an object.



Hear

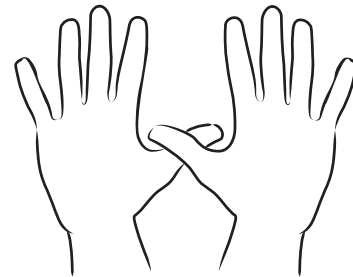
Find a quiet and safe spot where you can sit down for a minute. Close your eyes and focus on all the sounds around you. How many different ones can you hear? Make a list of all the things that you hear. There is also a separate activity sheet that explains how you can record your own soundscape.



Feel

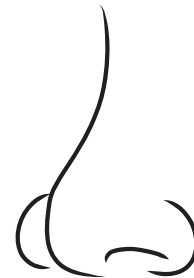
Find a big tree and stand next to its trunk. If you are brave, you can be blindfolded, but maybe you are more comfortable just to close your eyes. Ask your partner to help you to put your hands on the bark of the tree. Describe how the bark feels. Try different tree species, as they all have different types of bark.

Another way to explore touch is to make a rubbing of something. Place a sheet of paper on the bark and gently run a wax crayon or a stick of charcoal on its side over the whole sheet. You can try objects with different surfaces.



Smell

Is there anything in your surrounding that has a particular smell? Name things that can have a strong smell. Can you find words that describe how things might smell?



Taste

The last sense is taste. Explore this at home with an adult. Fill a few bowls with very small amounts of foods (breakfast cereals, pieces of fruit, jam, a gherkin, etc). You can wear a blindfold or close your eyes. Your adult should help you to taste one spoonful of each food. Can you guess what you are tasting? Can you taste the difference between red and white cheddar for example? Make a list of words that describe how things can taste.

