

Sensory Walk

Description: Take a walk outside to safely explore the natural world around us through your senses, colors, numbers, and patterns.

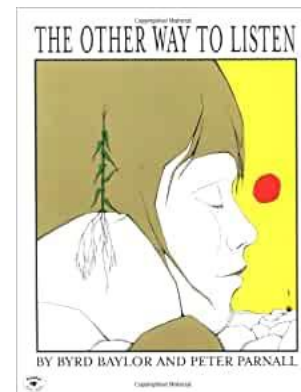
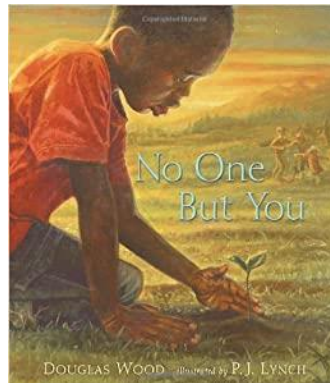
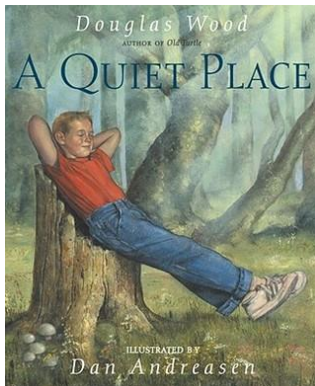
Time: 15-30 minutes

Materials:

- An outdoor space (backyard, park, natural area, neighborhood, etc.)

Good Books:

- *A Quiet Place* by Douglas Wood
- *No One But You* by Douglas Wood
- *The Other Way to Listen* by Byrd Baylor



Reminders for Being Safe Outdoors:

- Give animals space. Observe them and do not scare them. If you pick up a little insect that is safe, make sure you return it where you found it so it can find its way home.
- Try not to step on plants. You can do this by staying on grass, paths, trails and always watching your step.
- Can you touch the plants? Yes! use gentle touches when feeling the plants. Make sure you look before you touch or smell, because sometimes insects are on the plants.
- Please ask an adult first before using your sense of taste. Depending on where you are walking, it might not be safe to eat!
- Stay together!

Introduction: Instruct the child that today we are going on a nature walk using our senses! Go over the five basic senses (touch, sight, hearing, smell, and taste). By using our senses, we are able to slow down and take notice of things we might not normally pay attention to.

Directions:

1. **Locate an area outside to explore.** This can be your backyard, the park, a natural area, or even just a walk around your neighborhood.
2. **Go over the “Reminders for Being Safe Outdoors”.** They are found in the box on the previous page.
3. Take a walk outside. **During the walk children should experience these activities, but they can be completed in any order.**
 - **Gross Motor Skills** (Practice being garden animals and moving from space to space, roll in the grass, crawl through the trees, lay on a bridge and watch the fish, skip, walk, run, walk backwards)
 - **Activating Senses**
 - Sitting/standing quietly and **listening**
 - **Touching** and naming textures
 - **Feeling** and naming temperatures
 - **Looking** for and pointing out (animals, colors, different plants)
 - **Smelling** different flowers and plants
 - **Practicing Colors and Counting**
 - **Demonstrate asking questions and ask them what questions they have.**



Questions for Discussion:

1. What plants and animals did you see? What color were they?
2. What did you do when you saw it?
3. How did it feel to be outside today?
4. What was your favorite part?