

# COME TO YOUR SENSES



## TAKE A SENSORY HIKE

We use our senses – sight, sound, touch, and smell – to explore the world around us. As you walk, stop occasionally and make observations about what you’re seeing, hearing, feeling, and smelling.

### Look Up - Look Down!



What do you see? Choose an object along the trail and imagine what it would look like if you were a bird flying way up in the sky. Now imagine what it would look like if you were a ladybug crawling on the ground. Take a picture of a view that a squirrel, bird, or bug might see. Zoom in for a close up view of a leaf or tree trunk.

### How Does It Feel?

Close your eyes and notice if you feel anything like the wind or the sunlight on your skin. How does it feel? Find a tree and rub the palm of your hand along the bark. What does it feel like? Is it smooth or rough? Does the bark feel different if you use only your fingertips? Next, gently brush your cheek along the bark and notice if it feels the same way as it did when you used your hand or your fingertips. Now find a different kind of tree and explore how it feels when you use the palm of your hand vs. your fingertips vs. your cheek. Compare it to the first tree.



### What Do You Hear?

Find a comfortable place to sit and close your eyes. Make “deer ears” by cupping your hands behind your ears which will help you hear even better. What do you hear? Do you hear birds singing? How many different songs do you hear? Can you hear the wind through the trees? Do you hear any water? Do you hear sounds made by people? Count the number of sounds on your fingers and compare how many you heard to someone else you are with. Can you wiggle your ears? Deer and rabbits can move their ears to listen in different directions. Pretend that you are a deer and use your hand to make a cup behind your ears and listen to sounds in different directions.



### Something Is Smelly!

Close your eyes and smell the air around you. Does the air smell fresh? Do you smell anything familiar? Now find a leaf or other object and smell it. Does it have an odor? Do you like it? Try a few other objects and compare them to each other. Or, find an object and have someone else smell it with their eyes closed and guess what it is.

