

Sensory walk

What you will need –

- This requires no materials, but you may want to take the following:
 - A camera
 - A sketchbook
 - Bag to collect any found objects



Method:

1. Go for a walk
2. Try to collect and capture things of interest to you using camera or sketchbook, or collect things you find
3. You can document in words your feelings of this experience
4. Be sure to fill your basket/ bag with any items that you find on your walk, you will need these later for your Nature Sensory Board Activity

Benefits:

- Enable children to experience outside at their own pace.
- Explore and learn about outdoors and nature.

- Opportunity to discuss nature and have some light exercise.
- Getting outdoors to enjoy fresh air and whatever the weather is like!

