



# Making walks sensory



How many different coloured flowers can you see as you go on your walk? Are the colours bright or dark? Are there different shades of the same colour?



What sound do your footsteps or wheels make when moving around? Does this change on different surfaces?



Follow your nose! Notice the different aromas around you, can you tell where they are coming from? Notice as many natural aromas as you can.



If you are confident in identifying safe berries to eat, you could try to find one. What is the texture and taste like? Does it feel smooth or hard? Is it sweet or savoury?



Notice the feel of different surfaces underneath your feet or wheelchair. How does it feel? Is it hard or springy?

**Whilst out on a walk, why not try to involve different activities that highlight the different senses?**



**sense**

connecting sight, sound and life

I can see...



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I can hear...



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I can smell...



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I can taste...



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I can feel...



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