



# Making walks sensory



Notice the different types of trees and their leaves. Notice how they are changing colour with the seasons. Notice how they sway in the wind.



Notice the sounds around you, try stepping on crunchy leaves and twigs on the ground. Try noticing the difference between natural and man made sounds.



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.



Think about aromas in the air you might be able to taste, such as wild garlic or fresh rain. Try finding some wild blackberries to eat if you are confident.



Try crunching a leaf in your hand, notice its crispy, crunchy texture. Can you feel the vibration of twigs snapping?

**A sensory walk can be a great way to help people to communicate and experience the world.**



**sense**  
connecting sight, sound and life

# Sensory Bingo!

Try to tick off as many as you can whilst on your walk.

## I can see...



- Tall grass
- Rolling hills or meadows
- Leaves in the air
- Blooming flowers
- Wild insects

## I can hear...



- Leaves rustling in the wind
- Birds singing & chirping
- Running water
- Crunchy leaves underfoot
- Tractors or trains going by

## I can smell...



- Freshly cut grass
- Bonfires in the distance
- Fertilizer near farms
- Wild flowers
- Woody trees

## I can taste...



- Blackberries
- Wild herbs
- Fresh rain
- Earthy aroma
- Strawberries

## I can feel...



- Blades of grass or leaves
- Tree bark
- Flower petals
- Crunchy leaves
- Snapping twigs