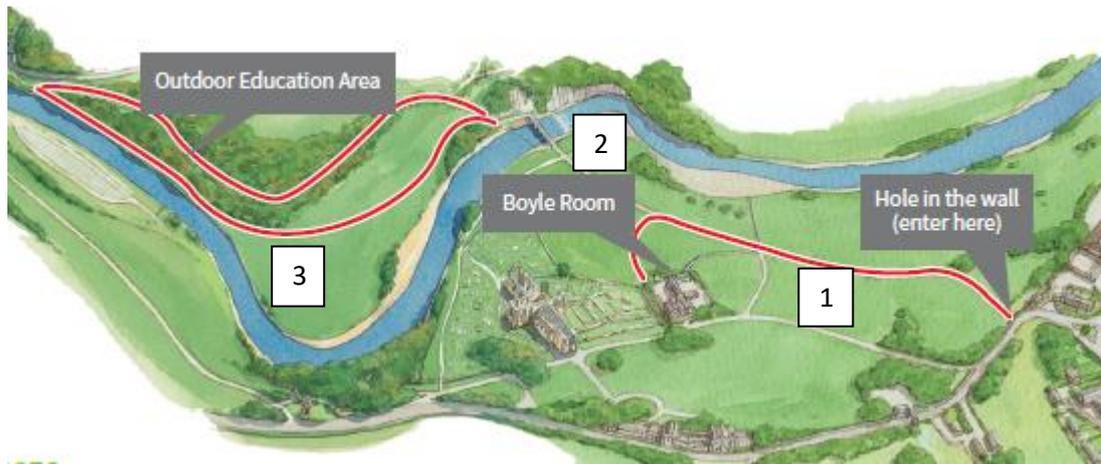


Pick up your resource pack from the village shop on arrival (Blindfold, lucky dip bag of words)

Talk about how you can use the senses to keep yourself safe e.g. looking for trip hazards like tree roots, or hanging branches on a walk, looking and listening for cars when near a road, smelling smoke.

Suggested locations for activities in blue.



### Sound

Ears of a deer (location 1) – cup hands round own ears to amplify sound. Turn your head and notice the difference. Works very well to listen to the water in the river or stream.



Animal stalking game (Location 2) – children sit/stand in a circle. Child in middle is blindfolded and has an object to steal in front of them. Other children creep up silently to steal it. Child in middle points if he/she hears a sound – has to point directly at creeping child to get them out. Creeping child has to pick up object and return to starting point to win.

Listening (Location 2) – sit/stand in a circle and close eyes, what is the quietest sound you can hear? Each child hold up one hand, put up one finger for each sound they can hear until they've heard 5. What were they?

## Sight

Eyes of an owl (Location 3) – spread out. Put arms straight out in front of you, keep staring straight ahead while you wiggle fingers, slowly move arms out to sides until you can no longer see own fingers. Notice how much you can see when you use peripheral vision.



Be a camera (Location 3)– in pairs one child is the photographer and one is the camera. Camera closes eyes, photographer finds an interesting close up detail. Photographer leads camera carefully and positions him/her to stand so that with eyes open the detail will fill their field of vision. Open eyes and look for a set time e.g. 10 seconds. Swap roles.

Could ask children to describe what they saw, draw it from memory, or could take a photo of it.

Variation – each child forms a frame shape with thumbs and index fingers and finds their own interesting detail/perspective to describe or draw.

## Touch

Remind children to beware of plants that sting, thorns etc.

All locations Feel different barks and leaves on your walk, remind children to be gentle and not pick bits off plants.

Outdoor education area Lucky dip bag – working in partners, children pick a word out and find something to match that texture. They might collect it, or could take a photo or draw a picture of it if it's part of a living thing. Extend by asking children to keep their word hidden, then create a mini picture on the ground to represent that texture, can other children guess their texture word?

## Smell

All locations Encourage children to pay attention to scents in the air as you walk, and to smell trees and flowers to see if they notice different scents.

For more sensory activities, book a workshop with our education officer Amy Garrido  
[education@boltonabbey.com](mailto:education@boltonabbey.com) 01756 718000

How many wow words can you think of to describe what you see, hear, touch and smell?

