

Active Me - Take a Sensory Journey – 6MONTHS+

Being outside is one of the best things we can do for our health, both mentally and physically, as well as being a fantastic space for quick and easy learning activities.

IDEAS:

Take a listening walk outside. Simply pick a short route and walk it without talking. What different sounds can you hear? Can you hear any animals? Bird song is a common sound this time of year. Think about what each bird is saying with their song. Do they sound happy, sad, excited? Even traffic can be interesting to listen to. Does it sound like a big vehicle or small vehicle? Let your imagination run away.

Staying inside at home? Listen from your window or doorstep. Take the time to listen to what you can hear close by, in the middle and far away. Really think about what the nearest and furthest things are that you can hear.

Spring means the arrival of lots of flowers and new leaves on the trees. Plants are fantastic for exploring with smell and touch. Can you find the smelliest plant? Lots of plants use smell to attract different insects to them like bees. Take the time to really sniff each one slowly. You can also explore through touch. Gently feel the leaves on trees and bushes. Do they all feel the same? Do trees that keep their leaves in winter (evergreen) have different leaves to those that are growing new leaves in Spring (deciduous)?

