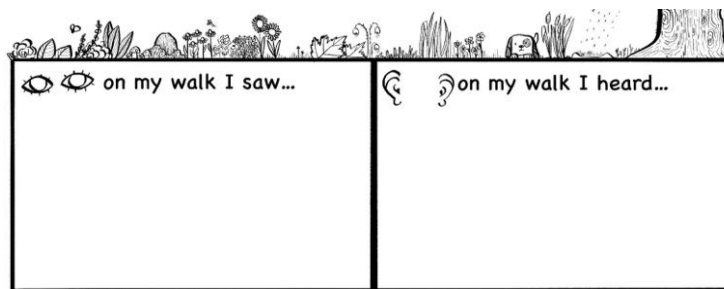


## Senses

### Overview:

In this multigenerational and fun outdoor activity, participants will spend time identifying things they see, hear, smell, and feel. No need for extreme wild spaces—outdoors can be anywhere! This activity helps participants see hidden layers of nature that they might not have noticed before, and gives them practice thinking about how to document new things that they encounter.



### Objectives:

- Practice [slow-looking](#) outdoors and paying attention to one's surroundings using different senses.<sup>2</sup>
- Practice the documentation of observations (if using the provided worksheets).

### Materials:

1. The *senses* printable guide is an optional tool to help participants think of their different senses.
2. The *emotions* printable guide is an optional tool to help participants think about their different emotions.

### Activity:

1. Gather participants and explain to them that the activity is about using and focusing on their different senses to explore their environment.
2. Pick a spot, preferably outside.
3. Ask participants to spend some time looking around and paying close attention to what they see, hear, smell, etc.
4. Prompt them with the questions below. Give each participant five minutes to wander nearby, pay attention, and fill in their worksheet. Then ask them to come back and share what they have discovered.
  - a. What do you see? Do you see different birds? Leaves? Trees? Insects? How are they different?
  - b. What do you hear? How about birds? Do they sound different?
  - c. Spend a few seconds using your nose! Smell flowers; pay attention to the smells in the air, the soil, anything! Make a list of what you smell.

<sup>2</sup> “Truly engaging and connecting with nature through intimate, yet simple, activities involving one's physical senses of sight, sound, smell, and touch appears to be a key pathway to moving people towards greater engagement in conservation-friendly behaviours.” (Richardson et al., 2020)

- d. What do you feel? Carefully run your fingers over items with different textures, and touch leaves, the soil, and different kinds of tree bark. How do they feel different? Only touch things that you recognize and know are safe.
  - e. How does your exploration make you feel? Are you feeling joy? Calmness? Stress? Surprise?
5. You can use the worksheets to guide the activity. The worksheets' frames can also be used as coloring books.

**Target Age:** Any age group, multigenerational

**Time to Prep Activity:** 5-10 minutes

**Time to Complete Activity:** 20-30 minutes

**Perfect for:** Outdoors (yards, parks, sidewalks...)

**Other activities that connect:**

This activity can be a preparation for more advanced nature activities. You can follow it with *One Square Yard* or *Nature Journaling*. If you feel like something indoors and more low-key, you can try *Spot the Difference*, *Audio Puzzle*, or *What Creature Are You?* Use *Nature Bingo* if you want a somewhat similar, but less facilitated, outdoor experience.

**Stay safe and respectful!**

- Be alert and aware of what is going on around you.
- Don't trespass, and make sure you're not invading other people's personal spaces.
- Be careful what you touch, and don't eat anything you find unless you're with a professional forager.
- Be aware of how you interact with other living creatures. Assess if interacting with them can be dangerous or disturbing to you or them.
- If you decide to pick up plants, for those that you know are safe to touch:
  - Don't pick it if there is only one of them.
  - Take only what you need.
  - Leave enough for others and for plants to reproduce.
  - Show gratitude for what you have foraged.

**To print:**

Senses Guide

Emotions Guide



 on my walk I saw...

 on my walk I heard...

 on my walk I felt...

 on my walk I smelled...



Happy	Peaceful	Sad	Mad
Cheerful	Relieved	Uncomfortable	Scared
Excited	Calm	Worried	Anxious
Curious	Generous	Overwhelmed	Stubborn
Silly	Important	Lonely	Angry
Surprised	Loving	Confused	Tense
Interested	Friendly	Bored	Impatient
Fantastic	Proud	Disappointed	Frustrated
Loved	Brave	Embarrassed	Jealous
Satisfied		Shy	Confused
Safe		Ignored	