



## Sensory Trail

**Use your senses to observe and explore your environment!** Enjoy exploring alone, or in a pair or group. Take a walk in your yard, a neighborhood park, the bosque, mountains, or other natural area. Choose a different number to try at each stop. Take your time and see what you observe!

\*For all ages! No materials needed, just yourself.\*

1. **Nose/Smell:** Close your eyes and take three deep breaths. What do you smell?
  - a. Think of a word to describe something you smell.
  - b. Do you smell more than one thing? What else do you smell?
  - c. Does it make you remember anything? Is it a new smell?
  - d. Does the smell connect to a feeling? Happy, curious, disgusted?
  - e. Turn to face a new direction. Take three deep breaths. What do you smell now?
  
2. **Eye/Sight:** Look at something small, smaller than your hand (a pine cone, rock, stick, etc). Pick it up or get close to it.
  - a. Look closely. What details do you observe that you didn't notice at first?
  - b. Turn the object over and look at a different side. What do you notice now?
  - c. What colors and shapes do you see?
  - d. What questions do you have about the object?
  
3. **Hand/Touch:** Choose a large object like a tree, shrub, or rock that doesn't have sharp edges. Take a "tour" with your sense of touch.
  - a. Start at the bottom and move your hand over the surface. Is it rough, smooth, bumpy?
  - b. How does it change as you move?
  - c. Are there cracks, holes, dips?
  
4. **Eye/Sight:** Choose a natural object that you can see that's larger than you, or far away (like a tree, distant hill, mountain, river, etc.)
  - a. Trace its outline in the air with your hand. Trace inside the object. What shapes do you notice?
  - b. What colors do you see? What words can you use to describe the colors?
  
5. **Hand/Touch:** Pick a small natural object you can pick up or turn over that is safe to touch (a pine cone, rock, stick, etc., with no sharp edges). Run your fingers across the surface. What does it feel like? Does it remind you of other textures or surfaces?
  - a. Turn it over. What does it feel like now?
  - b. If you had to find this object again, what special features would help you find it?

6. **Ear/Hearing:** Pick a quiet spot, away from cars and other noise if possible. Close your eyes and listen for a minute.
  - a. What did you hear?
  - b. Were there any sounds that were mysteries?
  
7. **Eye/Sight:** Pick something far away to observe (a tree, bush, rock, etc.) What do you notice about it? What questions do you have about it?
  - a. Walk closer to it. Do you notice anything new?
  - b. Walk up to the object, if possible, and look at it up close. What new details do you observe? Do you have new questions about it?
  
8. **Nose/Smell:** Look on the ground for a leaf or twig from a tree, a piece of grass, a flower, a rock, or get a pinch of dirt. What does it smell like?
  - a. If you have a leaf or other object from a plant, rub it between your fingers and smell it again. Did the smell change?
  - b. Pick something else to smell. How does it compare to the first thing you chose?
  
9. **Ear/Hearing:** Close your eyes for a minute and put up one finger for every new sound. What did you hear?
  - a. Tell someone else. Did they hear the same things?
  - b. Cover one ear and listen for a minute. What did you notice?
  - c. Cup your hands behind your ears and point them in one direction (picture a dog turning its ears towards a sound.) Listen for a minute. What did you notice?

\*Feel free to reproduce, share, or modify this document to meet your needs!\*