



Senses Walk Family Pack

This activity is designed for you to do in the park as a family.

The senses walk can help your child:

- notice details in their surroundings
- develop speaking and listening skills
- feel connected to nature
- feel calmer and mindful

Any questions or feedback email fostermemorialpark@gmail.com

How to do the senses walk

When you are in the park and ready to start, ask your child if they know what the five senses are. You can print out the visual reminder in this pack or look at it on your phone to help them remember or learn what they are.

Remind your children not to touch any litter or animal droppings. For taste, you can poke your tongue out to catch the rain or pick blackberries (in season). In general, a 'no pick, no lick' rule is sensible outdoors, but you can make your own decisions for your child.

Take a walk around the park, staying as quiet as possible so your child can tune into any sounds. If you like, you can print the note taking frame from this pack so they can write or draw what they are sensing. Blank or scrap paper works too. Even very young children might enjoy making marks as they walk.

When you've finished, sit down together and talk about the walk. There are questions in the pack to give you some ideas of what to talk about. You don't need to go through them all: they are just a starting point. Listen to your child and have a conversation.

If you all enjoyed it, there are ideas in the pack for what you might like to do next.

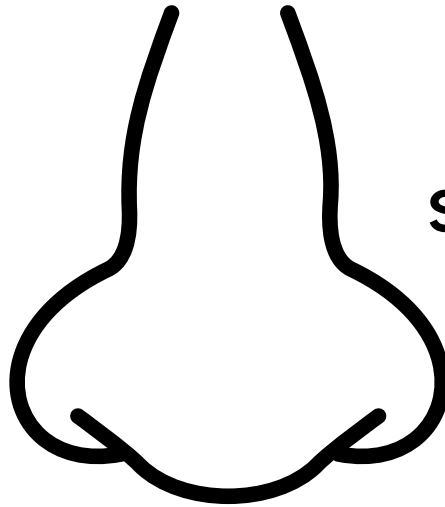
What can you...



see?

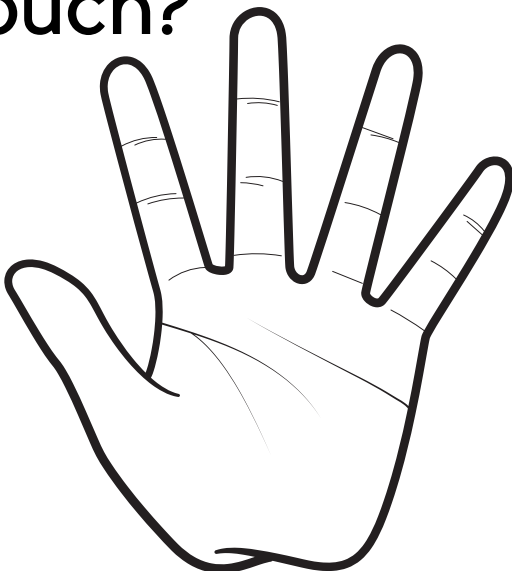


hear?

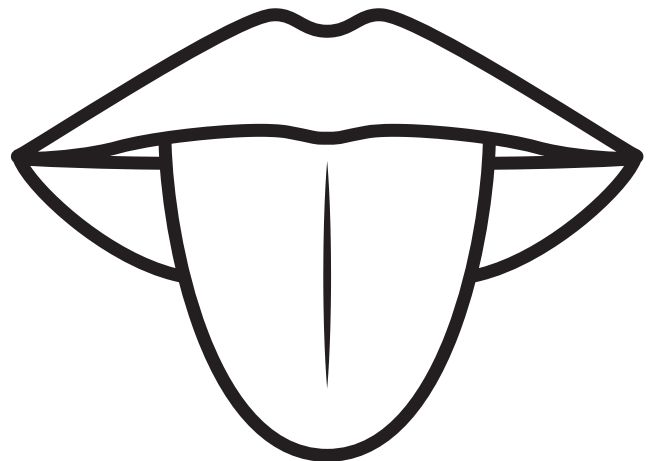


smell?

touch?



taste?



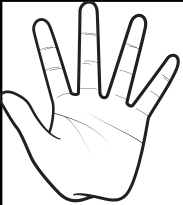
What can you...



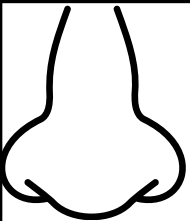
see?



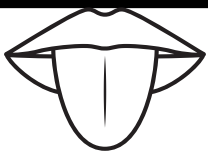
hear?



touch?



smell?



taste?

Senses Walk - Discussion questions

- How did you feel before the walk?
- How do you feel now?
- What was the most interesting thing you heard/saw etc?
- What surprised you?
- What was your favourite sound/smell etc?
- Do you have any questions about something you noticed?

Senses Walk - What next?

- Do the walk again at a different time of day or during a different season. Your child can use their notes to see what was the same and what was different. They might like to write a guide to the park, explaining what sights, sounds, smells and textures can be found at different times of the year.
- Your child could write a poem about the park, using what they noticed during the walk. Visit www.resources.poetrysociety.org.uk for some resources on writing poetry with children.
- Draw a map of the park. There is one on our website to help you (www.forsterparkfriends.org). Your child could invent their own key to show where different sights, sounds and smells can be found.
- If you noticed any plants or animals that you didn't recognise, use the internet or a book from the library to find out what they are.
- Retrace the route of the walk and let your child take pictures of voice memo recordings to capture sights and sounds. At home, they could use a computer or tablet to edit a film of their walk. If you can safely send it to their teacher, they might want to show their class.
- Bring art materials to the park or wait until you get home for your child to draw and paint in response to their experience on the walk.