

Sensational Senses!

Exploring nature is a perfect way to use all your senses. Bring your daily walk to life with some of these fun games and activities.

Have a smelly cocktail party!

Cocktail parties are no longer in fashion, it's all about smelly cocktails these days! Take a colourful cup out with you on your walk or into your garden. Pick some leaves from different plants. Which leaves smell nice and which not so nice? If you can find some herbs, even better! Crush the leaves with your fingers, and put them in your cup. Give them a shake or a stir, depending on how you like your cocktails, and give it a big long sniff. Swap cocktails with a family member. You could dress up in your best party clothes and speak like the queen just for fun! Be careful not to taste your cocktails as some leaves have a nasty taste.

Rainbow colours

If you have some old paint sample colour charts, this is perfect. Otherwise, just felt tip little squares of paper all the colours of the rainbow. Take your colours out on a walk, and see if you can match the flowers or leaves you see to all the colours of the rainbow.

Blindfold Biscuit Tasting

Not strictly nature related, but a good one to try in a meadow or woodland. Break them up so that the shape doesn't give it away! No peeking!

Barefoot walk

Walking barefoot in nature is not only a great sensory experience, it is also supposed to be very good for your health!

Find different textures on your daily walk or in your garden, take off your smelly socks and set your toes to work. Here are some examples, but you can make up your own ones too.



Where's my tree?

All trees are unique. Even if they are the same species of tree, they are all different in size, shape and structure.

You will need to find somewhere with several different trees. We are lucky in Sutton to have so many street trees and lots of trees in our local parks.

Put on your blindfold. Let a trusted partner carefully lead you to a tree. Feel it all over, stretch up high - can you feel any leaves, are they smooth, soft or sticky? Give the tree a hug, how big is it, what does the bark feel like? Pat around, are there any branches? Let your partner lead you back to the start and take off your blind fold. Can you guess which was your tree? Go and try a few and see which one feels right.



Easy listening

Nature is full of different sounds. This is a simple activity. Find a space outdoors, preferably away from main roads, and find a comfy spot to sit. Close your eyes and listen for at least a minute. Count each different sound on your fingers. Which ones were human made and which natural?

