



MINDFUL SENSORY WALK



TAKE YOUR PARENTS ON A SCAVENGER HUNT! COLLECT A FEW OF OUR FAVOURITE THINGS - COLLECTING OUR FAVOURITE STICKS, FLOWERS, LEAVES!

Notice how they smell, notice how they feel in our hands, notice how they look different under the trees and in the bright sunshine!

Maybe find a local pond, look out for some little tadpoles and maybe even frogs! Listen to the sounds of the birds, of the wind going through the trees!

IF YOU CAN REMEMBER, THIS IS A GREAT TIME TO ALSO DO OUR SENSORY 5 ACTIVITY! NAME...

- 5** things you can hear,
- 4** things you can see,
- 3** things you can smell,
- 2** things you can feel or touch and,
- 1** thing you can taste!