



Sensory Trail

This sensory trail is based on an Earth Walk produced by the Institute of Earth Education

Curriculum themes

Geography Investigating the local area

Resources required

Sensory trail bag 30 x card frames
 15 x egg boxes
 30 x clear plastic cups
 30 x cocktail umbrellas
 Magic potion bottle
 30 x colour palettes (need to be replaced each time)

Scavenger Hunt resource sheet
Plastic bags
Clipboards and pencils

Background information

Best time of the year for the activity

Anytime, but late Spring to early Autumn is best.

Timing

This activity will take 1.5 – 2 hours

Location on the farm

A walk from the farm buildings and through the woodland around Ashes Beck. The colour palettes could be done with a walk back through the hay meadows, by re-tracing your steps through the woods or as part of the initial woodland walk, depending on how you plan the afternoon session. If the scavenger hunt is to be incorporated at the end this could be done by re-tracing your steps through the woodland or on the walk back to the road through Towdy Potts and Ashes Farm.

Introducing the activity

Introduce this activity by discussing the five senses. The aim of the activity is to get the children to explore the environment using their different senses. Obviously miss out taste!

Undertaking the activity

Picture frames

You are going to display a piece of art in an art gallery. On a walk from the farm buildings to the woods the children are to look very closely at the different leaves they can find and choose their favourite leaf. At the first picnic site, stop and hand out the picture frames. The children are going to present their leaves in an art gallery. Ask them to form a circle by touching their knees and elbows with the knees and elbows of the children standing on either side of them. They place their chosen leaf in the picture frame and hold it up to the light – holding it close and then far away. The leaves are then passed around in a clockwise direction so they can all be viewed. The process stops when the children receive their own leaf again.

Prickly, tickly

For this activity the children will work in pairs. Each pair is given an egg box. On a walk from the first picnic area to the crossing point on the stream the children are to pick up 3 things that are prickly and 3 things that are tickly. The prickly things go along one side of the egg box and the tickly things along the other. Stop at the crossing point of the stream. Ask one of the children in the pair to get into the prickly/tickly position – standing with their back to their partner, their hands behind their back and their palms up. The partner then chooses one of the items in the egg box and gently moves it across the other child's hand. Can they work out if it is prickly or tickly? Do this with several of the egg box items and then swap around so that the second child assumes the prickly/tickly position.

Nature's orchestra

Call together from the previous activity with "quick we are late, the performance has already started". Lead the group to the far side of the wood where there is a space to stand and listen. Ask the group to listen to nature's orchestra. Ask the group to be silent. With their eyes closed ask them to raise their hands in the air with their fists closed. For every new sound they hear ask them to raise a finger. After a suitable length of time ask them to open their eyes. How many different sounds have you heard? What sounds were there? Let's give the orchestra a round of applause!

Cocktail party

After going to a performance people may have cocktails – a mixture of different drinks. We are going to make a cocktail of smells. Give each child a clear plastic cup and ask them to make a cocktail from the different smells they find. They will need to find a stick to stir their cocktail with. Make the cocktails as you walk to the picnic site at the end of the wood. At the picnic site add some 'magic potion' to their cocktails and give them a cocktail umbrella so put in their cup! Again touching knees and elbows make a circle and smell each other's cocktail. To finish make a toast with the cups raised to the centre of the circle and instead of taking a drink empty the contents of the cups over the left shoulder.

Colour palettes

Walk to top of the wood so you have a view across Weardale. Explain that yesterday there was a beautiful rainbow in the sky that filled the Dale with colour. The rainbow smashed to the floor and its colours were spread across the landscape. The children are going to make a colour palette from the rainbow colours they can find. Give out the palette cards and remove the top of the double-sided sticky tape. On the last part of your walk create a colour palette by putting the different colours you can find onto the card. Each material you add should only be about half the size of a fingernail.

Scavenger hunt

This is an additional activity that can be completed if time allows or you are walking back to the coach through Towdy Potts and Ashes Farm. Colour in the circles on the scavenger hunt sheet as you find them and collect each item in the bag provided.