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| **Activities** | **Resources Required** | **Potential Risks** | **Impact** |
| **Skill –** Sensory match: Find 4/5 objects in your space that you can explore with each of your senses. (NOT TASTE if working outside!) | Outdoor walk/Garden or allotment. | N/A | Develop a greater understanding of natural forms. Develop sensory responses. |
| **Main –** Make a sensory experience/game. Collect a selection of natural items in a bag or box. Challenge a family member to explore them using only touch, smell or sound!! (If you're doing this inside though- why not raid the kitchen cupboards?!) | A shopping bag or old shoebox. A blindfold/scarf. (You might like to decorate your container so that you can turn it into a game!) | Make sure you maintain NIL BY MOUTH if you're outside and always wash your hands after you've touched objects from outdoors. | Exploring natural items in a variety of ways will increase responses to them. |
| **Mindfulness –** Sensory deep delve!  Did you find a natural object that you like the look/feel/smell/sound of? Maybe a super smooth pebble or a herb with a nice scent? Give yourself time with this object and run it over your fingertips....take some deep breaths in to take in it's scent or explore the feeling you get if you roll it gently against your cheek.....let it help you to unwind and take in it's natural beauty! | Your senses!  A calm space to sit in. | Always consider known or potential allergies. | Children will learn how to develop ways to relax and respond to nature in a relaxing way. |

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| **Introduction** |
| **SENSORY EXPLORING–** Your challenge is to use your senses to explore your outside area and develop your own ideas about what you'd like to do in the space! |

**Alternatives:** Sensory experiences and enjoyment will vary from child to child. Bendy branches, mud making, weaving....the list is endless! Sensory experiences are only limited by the choices made! If you have limited or no space at home, why not make the most of a beach, park or woodland?

**We would love to hear how you get on with your activities. Please email any feedback to** [**ellen.blackwood@primary-forest-school.co.uk**](mailto:ellen.blackwood@primary-forest-school.co.uk) **or contact us via Facebook @PrimaryForestSchools**