

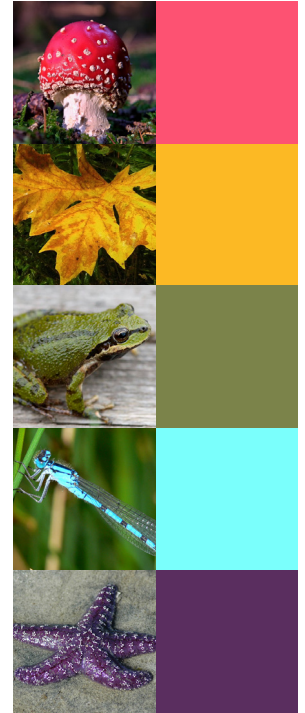
# Get Outdoors Mini Sensory Activities

Four easy sensory awareness activities for taking groups outside.

## RAINBOW CHIPS

In nature, every colour of the rainbow exists.

1. Share out a handful of paint chips to each participant.
2. Set your timer with 5 minutes and start it.
3. Predict which colour will be the easiest to find. Which will be the hardest?
4. Explore and match the colour of something in nature with the colour of each paint chip.
5. When the timer goes, find your group.
6. Discuss until the signal from the facilitator or raise your hands when you are done:
  - *What colours were the hardest to find? Why?*
  - *What surprised you?*
  - *If you were to explore the same area at a different time of year, how would the results be different?*
  - *What else did you find?*



## SOUND MAPPING

1. Set your timer with 5 minutes and start it.
2. Find a place to sit and listen for sounds in this place.
3. Using the blank area, draw a sound map of this place. →
4. Begin with marking yourself on the map.
5. Then, as you hear sounds, position these on the map with a symbol to represent what it is and where.
6. When the timer goes, find your group.
7. Discuss until the signal from the facilitator or raise your hands when you are done:
  - *What was the most enjoyable part of this activity? Most challenging?*
  - *What surprised you?*
  - *What did you learn?*
  - *How might you expand or adapt this activity for your students?*

# FOREST COLOGNE

1. Set your timer with 5 minutes and start it.
2. Explore the area and select a variety of items to create a forest cologne.
3. Give your cologne a name.
4. When the timer goes, find your group.
5. Place your colognes 3 metres apart in a triangle (3 people) or a square (4 people).
6. Rotate to smell each cologne until you return to yours.
7. Take turns sharing the name of your cologne and why you named it that.
8. Discuss until the signal from the facilitator or raise your hands when you are done:
  - *What did you find to be the most fragrant?*
  - *How did you enhance the fragrances you found?*
  - *What surprised you?*
  - *What did you learn about Nature and smells?*
  - *How might you expand or adapt this for your students?*



# TOUCHSTONES

1. Set your timer with 5 minutes and start it.
2. Find 10 small stones and place these together on the ground.
3. Immediately, close your eyes and select one. Hold it behind your back.
4. Use your sense of touch to become familiar with it. Then, with your eyes closed, place it back among the others. Perhaps, use your foot to mix it into the collection.
5. Open your eyes and find 'your' stone.
6. When the timer goes, find your group.
7. Discuss until the signal from the facilitator or raise your hands when you are done:
  - *Did you find your stone? How quickly and easily?*
  - *What helped you find your stone?*
  - *What surprised you?*
  - *What did you learn?*
  - *How might you expand or adapt this for your students?*

