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## ACTIVITY 1: SENSORY WAKE-UP

### CHALLENGE

Wake up your senses, hone your observation skills and explore your local environment!

### MATERIALS

- 10-20 different coloured pencil crayons in a bag/pencil case
- A blank piece of paper
- A piece of string 3m long (*optional*)
- Camera (*optional*)

### EXPLORE

How can you 'wake-up' your senses to explore and observe your environment?

### MAKE IT HAPPEN

**Touch:** Rub your hands together until you feel heat energy between your palms when you pull them apart slightly. Do this until you have "woken up" your fingers.

**Hearing:** Give yourself some 'deer ears.' To do this cup your hands around each of your ears so the area for sound is enlarged. Take off your 'deer ears' and notice how your 'deer ears' change your hearing. Next, try your 'deer ears' on backwards to hear sounds behind you. Last, close your eyes and count the number of different sounds you hear in 30 seconds. Hold your fingers up for each sound you hear.

**Taste:** If it is raining, you can taste a raindrop, but otherwise save the tasting for lunch time!

**Smell:** Close your eyes and focus on your sense of smell by taking a breath in through your nose and out through your mouth. Repeat two more times. What do you smell?

**Sight:** Collect a selection of pencil crayons in a variety of different colours and place them in a bag. Every colour of the rainbow exists in nature. Choose a 'rainbow stick' from inside of your bag. Match your rainbow stick with something natural in your environment. Show your matched item to a parent or sibling. *Hints:* turn leaves and stems over to see what colours are beneath, look closely at rocks, pebbles, lichen, tree bark and other natural materials. Once you have found a match, select a new rainbow stick from the bag. How many different colours can you find in your local environment?

Make a sensory map of your local environment using pictures and words ([see Sound Mapping Activity](#)). Add all the colours, textures, smells and sounds you found! What were the most interesting things you found? Make those objects BIGGER on your map.

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## SHARE

Share your sensory map with other family members and/or photograph your map and share it with your teacher and classmates.

## REFLECT

Which sense could you give up?  
Which sense could you not live without?  
What were the most interesting things you observed in your environment?  
What surprised you the most about exploring your environment?

## ADAPT (EXTEND)

Take a piece of string about 3 metres long. Lay down the string so it forms a circle. Record all the smells, colours and textures you find in your circle.

**Digital Photo Sensory Shoots:** Choose a sensory theme (colour, texture, smells, sounds, or contrasts). Take photos in an outdoor area based upon your theme. Make a digital presentation to share with your family and friends.

Any of these warm-up activities can be adapted for on-the-move, for example go on a 'Colour Walk' or 'Texture Walk' in your neighbourhood.

*Resource: Sensory Wake-up Circle, Get Outdoors Manual, p. 42-43*