

SENSORY-SCAPING

Nature-Led Activities



1 BALANCE AND MUSCLES AND JOINTS

Engaging the Vestibular System.

What is there to balance on? A log, a boulder, retaining wall, curbs? And the Proprioceptive System. Find uneven ground to walk on with your eyes closed. Climb up a hill. Can you make a game of jumping on and off of the curb, retaining wall or log? Can you play a "push-pull game?"



2 TACTILE

Engaging the sense of touch.

How many smooth things can you find?
Can you stack three rough rocks?
Make mud-pies!



3 EYES

Engaging the Visual System.

Play I-Spy with nature. "I spy a bird with a circle around their eye." or Eye Spy two black birds sitting on a wire.



4 EARS

Engaging the Auditory Processing System.

Ask: "What is the farthest sound you hear?"
"What is the nearest sound you hear?" "The softest, the loudest?" "Where is the closest bird sound?"



5 NOSE

Engaging the olfactory system.

When you get out of the car stop and ask "What are three things you smell?"

Model smelling leaves and flowers and grass.



6 MOUTH - TASTE

Engaging the Gustatory System.

Learn about wild edible plants like mint, dandelions, minor lettuce. Then taste them together.