

Senses

Use a range of senses to explore nature



Ages 5+



15+ minutes



Senses sheets

Studies have shown the importance of using all of our senses in nature, beyond simply our sight. Scent, in particular, has a strong link to our personal memories and can greatly improve our mental wellbeing.

Using the senses pack, encourage each player to interact with nature using their cards and senses, describing what they experience. Use prompts to encourage a deeper engagement, for example 'how do the leaves smell when you crush them inbetween your hands?' or 'how many different colours can you see on this tree bark?'

Players can swap their cards when finished or be encouraged to use their other senses to interact with natural objects e.g. what colours are on this shell, what does it feel like, can you make it make a noise?

The only sense missing in this pack is taste. Wild foraging and outdoors cooking could be a great extension of this activity when carried out safely and responsibly. Young people involved in outdoors cooking can show increased levels of confidence, helps to foster healthy relationships with food and an understanding of our food systems, as well as creating vivid memories.

WAWA Conservation works to save weird and wonderful animals from extinction and we cannot do that when people are disconnected from nature. We hope you enjoy these free to use educational resources. To find out more about us and support our work, please visit www.wawa.org.uk

For a bespoke version of this activity, please contact our WAWA team via the website

