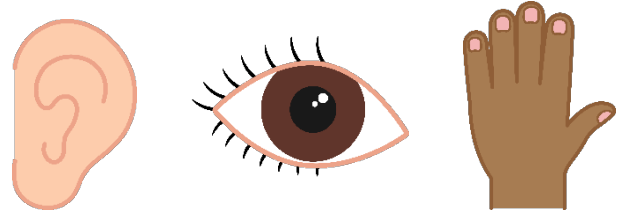


WELCOME TO GET OWT!

Today's GET OWT! is all about our Senses - seeing, hearing, smelling, tasting and touching! Look out for the mindful moments as you explore the activities together. Today they are curiosity, senses and nature connection.



Today's Activities...

craft: nature frames

Fold a paper plate in half and cut out a shape inside. It could be a circle, a square, a heart shape, or even a butterfly! Attach a wooden stick to the back to hold it with. Use your frame to look at different things in nature.

Senses scavenger hunt

Today's woodland trail is a senses scavenger hunt. On your Scavenger Hunt sheet there are things to spot, to listen out for and to touch!

Texture hunt

Take your playdough with you (or do this on a separate walk) and hunt for different textures. Press your playdough onto things you find - leaves, trees etc to make an imprint.

activity: sensory table

Visit the GET OWT! Event Shelter and explore our nature sensory table. There are lots of things to feel, smell, look at, listen to and taste.



Play: nature perfume

Visit the Event Shelter and make some perfume with different flowers and leaves!

Sensory walk

Feeling brave? Take off your shoes and socks and go on a sensory walk through grass, leaves, sticks, water and more!



Things to think about...

- What are some of your favourite smells and sounds in nature?
- Can you imagine living without one of your senses? Try doing an everyday activity with your eyes closed. Put your fingers in your ears for one minute and imagine not being able to hear anything.

Thanks for being a part of GET OWT! today!

