

Sensory Orienteering

Primary / Secondary

Use your senses to complete these activities. What can you see, hear, smell and touch?

TREASURE HUNT

You will need:

- your home and/or garden

- You can do this activity on your own or with other people at home.
- The aim is to find safe items or objects around the home and/or garden.
- Why not see how quickly you can find all the items? You could try to beat your own time or play against other people at home.



CAN YOU FIND SOMETHING THAT IS...



ROUGH?



SOFT?



BLUE?



ROUND?



HARD?



RED?



RECTANGULAR?



GREEN?



SMOOTH?



YELLOW?

WHAT CAN YOU HEAR?

You will need:

- a computer / mobile phone with speakers or headphones

Use the following YouTube videos to guess the sounds...

Musical instruments: <https://www.youtube.com/watch?v=tb0gHAzpQPE>

Animals: <https://www.youtube.com/watch?v=Qd6wZHUDCUg>

A – Z of sounds: https://www.youtube.com/watch?v=AEU0rbO_lkk

Disney Characters: <https://www.youtube.com/watch?v=8j4Bw4UKiKs>

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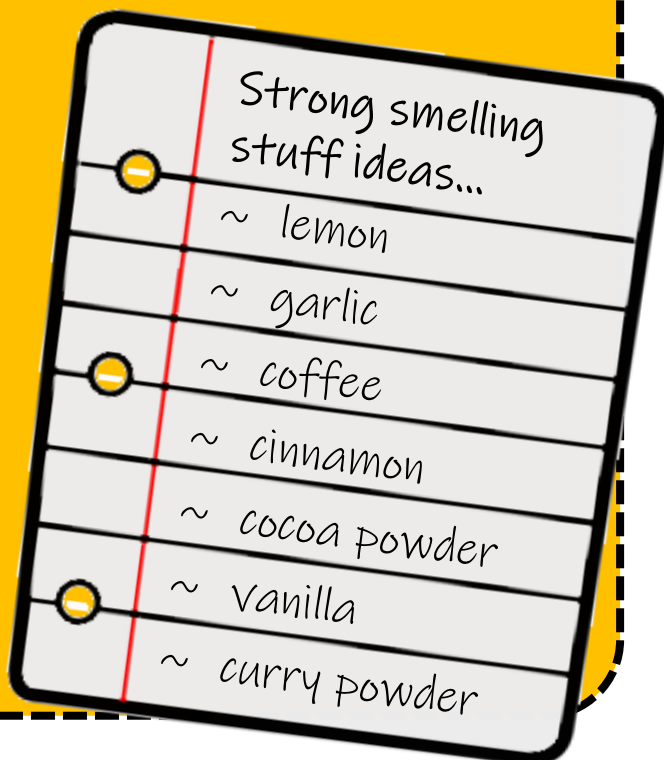
WHAT CAN YOU SMELL?

You will need:

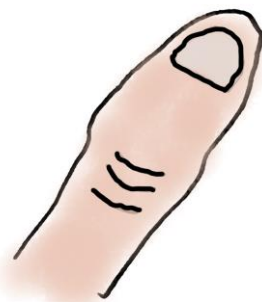
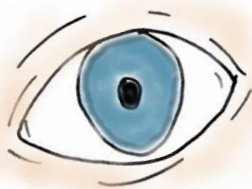
- some empty plastic bottles / jars / small dishes
- a range of "smells" (see ideas below)

IMPORTANT: Please ensure you are aware of any allergies when preparing and completing this activity. Please also ensure that all "smells" are safe and non-toxic.

- You may need to ask an adult at home to help you prepare this activity.
- Ask an adult at home to put some safe things that have a strong smell (see ideas to the right) in to some empty bottles / jars / small dishes.
- With either your eyes closed, or wearing a blindfold, you should try to guess what each smell is.
- You can write your answers down or tell your answers to someone at home.



Let us know if you enjoyed these activities!
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