

**LOOK UP AND DOWN AND ALL AROUND**

**...a treasure hunt for your senses...**

**CONTEXT:**

This activity has been created to enable learners to spend time outside observing and interacting with their environment. It can be used as a mindful standalone activity, or one that is the building block to a bigger project such as working in / designing a growing space.

By using all our senses we can discuss and make decisions around what is currently happening, what has come before and what might happen next.

An example of this might be to touch and hold the soil. Questions that might be asked are:

* How does it feel / what does it look like?
* Because it is dry what do we need to do?
* What will happen to our plants if we don’t water them?

Flash cards can be used to support learning and develop AAC skills, for example the use of Makaton signs/symbols

**SKILLS DEVELOPED THROUGHOUT THE ACTIVITY:**

* Communication and interaction
* Social and emotional wellbeing
* Physical development
* Sensory diet
* Turn taking
* Decision making
* Cognition and learning through science

**KEYWORDS:**

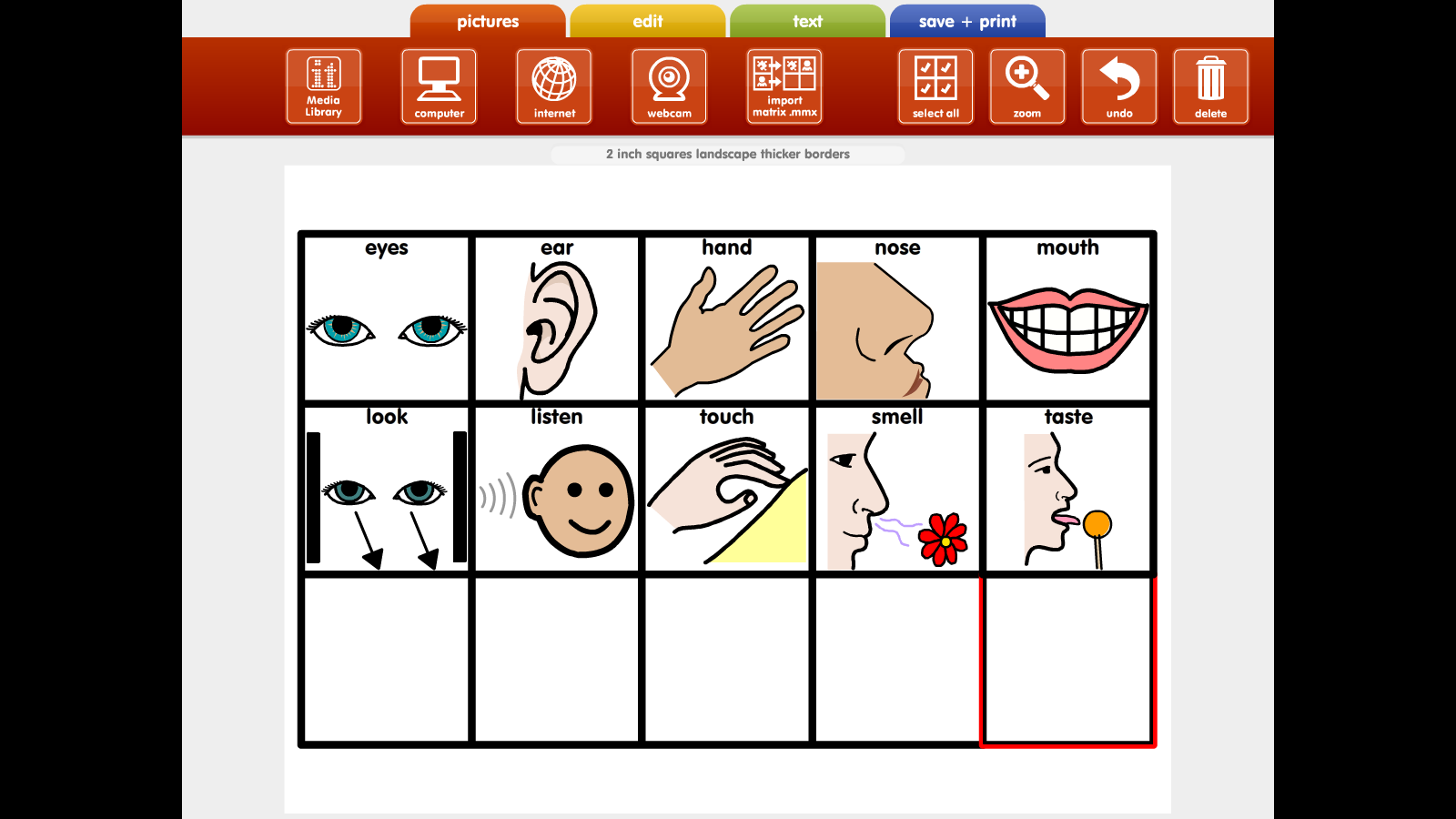
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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **see** | **hear** | **touch** | **smell** | **taste** | **flower** | **grass** | **tree** | **leaves** | **soil** |
| **mud** | **car** | **talking** | **dry** | **wet** | **soft** | **hard** | **slimy** | **grow** | **dig** |



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| --- | --- | --- |
| ACTIVITY | WHAT TO DO | YOUR ANSWERS |
| LOOK | Look up and down and all around.  What can you **see**, can you **describe** it? |  |
| LISTEN | Find somewhere to sit comfortably and then **close** your **eyes**.  What can you **hear**, can you **describe** it? |  |
| TOUCH | Find something you can **touch** and **hold** in your **hands**.  How does it **feel**, can you **describe** it? |  |
| SMELL | Can you **explore** the garden and find something **smelly**.  What does it **smell** like, can you **describe** it? |  |
| TASTE | Is there something in the garden you can **taste** such as some fruit growing? If not bring some food outside and eat in. can you **describe** it? |  |

**FLASHCARDS TO SUPPORT LEARNING**



**Example – Makaton graphic can be inserted here.**

Eye / Look

Ear / Listen

**Example – Makaton graphic can be inserted here.**

Mouth /Taste

Nose / Smell

Hand / Touch

**Example – Makaton graphic can be inserted here.**