

Sensory Wake Up

Forest Scents Smoothies

Give each student a cup to make a forest “smoothie”. They can put whatever nature ingredient they want in it. They should find a little stick to mash it up and can add a little water to make a puree.

Ask students to invent a name and special power which the forest smoothie gives if you smell it. Have students “sample” each other’s forest smoothies by sniffing other students’ concoctions. Remind students that these forest smoothies are for smelling only! If snow is a main ingredient in their concoctions, students might want to imagine they are making an ice cream sundae with various toppings!



Listening Activities Outside

Sound Out

Listen for the number of sounds you can hear around you. Hold up one fist. Every time you hear a sound, raise a finger. Afterwards recall the sounds you hear.

Echo That Sound

Practice copying the sounds you hear outside—cats, dogs, birds, cars, wind, etc. Get silly with it! Who let the dogs out? Woof, woof! Woof-woof! Who let the birds out? Tweet, tweet! Tweet, tweet! The more realistic you get, the better.

Sound Maps

Using a piece of paper or your nature journal, mark an “X” in the middle of the page. The “X” marks where students are sitting (this could be in their sit spot or another quiet area in the school yard). Have learners close their eyes, and tune in to the sounds around them, drawing what they hear. For example, if they hear wind to their left, they could draw wavy lines to the left of the “X” on their page.

Deer Ears

Get students to pretend they are scooping up water, using their hands as pretend cups. Ask them to tip out the water and then put the “cups” behind their ears and listen. Cupped ears collect sound like satellite dishes on the side of your head. This is how deer, rabbits and other animals hear.

Nature Symphony

1. Each person should go and find some natural objects to make a sound, e.g. 2 sticks to clack together or 2 stones to chink together or a handful of dry leaves to rub together. The children should walk about and play their object whilst seeing and listening to others.

2. Get into a circle. Go around the group demonstrating everyone’s instruments.
3. Sing a simple song. Everyone should try and keep the beat.
4. Sort the group into a simple orchestra by their instruments. For example the stones might be in one group, sticks in another, leaves in another, etc.
5. The orchestra plays with the teacher as the conductor, giving the instructions visually, e.g. Raising hand for a louder sound. Lowering hand for a quieter sound. Stop hand for a group to stop.

Tree Friends - Sensory Exploration

A simplified version of the classic “**Meet a Tree**” activity, students can find their own tree, and, with closed eyes, get to know the tree with their other senses. Some questions to ask: Is this tree alive? How old do you think it is? Can you put your arms around it? Are there other plants growing on it? How does it smell?



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