

Sensory Wake Up

Forest Scents Smoothies

Give each student a cup to make a forest “smoothie”. Review how to respectfully collect items from nature: take only small samples, choose items on the ground, don’t harm any living thing. 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!



Find one simple thing in nature

Print, laminate and cut the attached sheet (or [download here](#)) simple ideas to connect to nature. During each nature outing, encourage students to work to complete one of the following tasks. Mix and match until each student has had the chance to do each task at least once.

After students have completed their simple nature task, use your nature journals to reflect on the following:

- I notice that...
- I wonder...
- It reminds me..

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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Sit in a quiet spot outside, close your eyes and listen.

Smell a plant

Scrunch a leaf in your hands and smell it

Look for bugs on a tree

Write your name with items found in nature

Count how many birds you see in the sky

Try to mimic a noise that you hear in nature

Watch the clouds and look for shapes

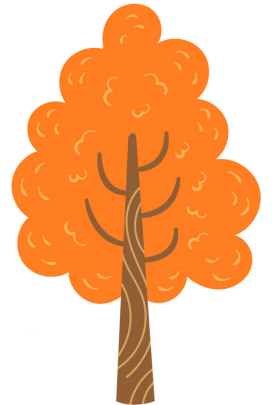
Observe an animal or plant for five minutes

Make something using nature items

Lie on the ground and pretend you are an ant

Hug a tree for 30 seconds

Create a nature mandala with items found in nature



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