

Sensory Scavenger Hunt

Use all of your senses to find as many things on the list as possible.

(There are ideas below if you get stuck. You should be able to find some of these in the house if you are shielding).



smell

- Find something that smells great! (try: herbs and spices; rub gently on different leaves (tomato leaves smell great!); flowers; fish)

- Find something that feels rough (try: tree bark; brick; dry soil)
- Find something that feels soft (try: feathers, dandelion heads, fur)
- Find something that feels sticky (try: 'stickyweed'; honey)



touch



see

- Find something brightly coloured (try: flowers; colourful wool or cotton)
- Find something shiny (try: puddle; water on a spider's web)

- Try some different tastes you might find in nature (try: fruit; milk; honey; salt)



taste



hear

- Listen to the sound of the birds. Can you see the bird you're listening to?

- Find a crunchy leaf and listen to the sound of it crinkle against your ear.