

The Five Senses Safari



Overview

Experience the outdoors through sight, sound, touch, smell, and (safe) taste to explore how sensory-rich environments support children's brain development and emotional regulation through nature.

Activities

Sight – use your fingers to make glasses, look near and look far. Look for something tiny or something that moves.

Sound – cup your hands around your ears and listen for sounds for 20 seconds.

Touch – use your finger and point to natural textures.

Smell – follow your nose and find a plant to smell.

Taste – Stick your tongue out like a snake and taste the air.



Equipment

View finders – use fingers, sticks or paper/card with a cut out hole in the middle

Key Questions

Use mathematical language – size, shape, weight

Use colour chip cards to find objects in nature that match the colour.

Use masking tape to make a sticky bracelet to collect items found.

Learning Outcomes

To support children's wellbeing, curiosity, and confidence through sensory experiences. To understand that sensory play enhances language development.

Progression in Learning

- Explore with your hands, feet and even your elbows – just as children do. This builds awareness of sensory regulation and tactile learning.
- Barefoot Safari – take off shoes and socks and explore different surfaces with your feet.