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
- 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.