

The Sensory Walk



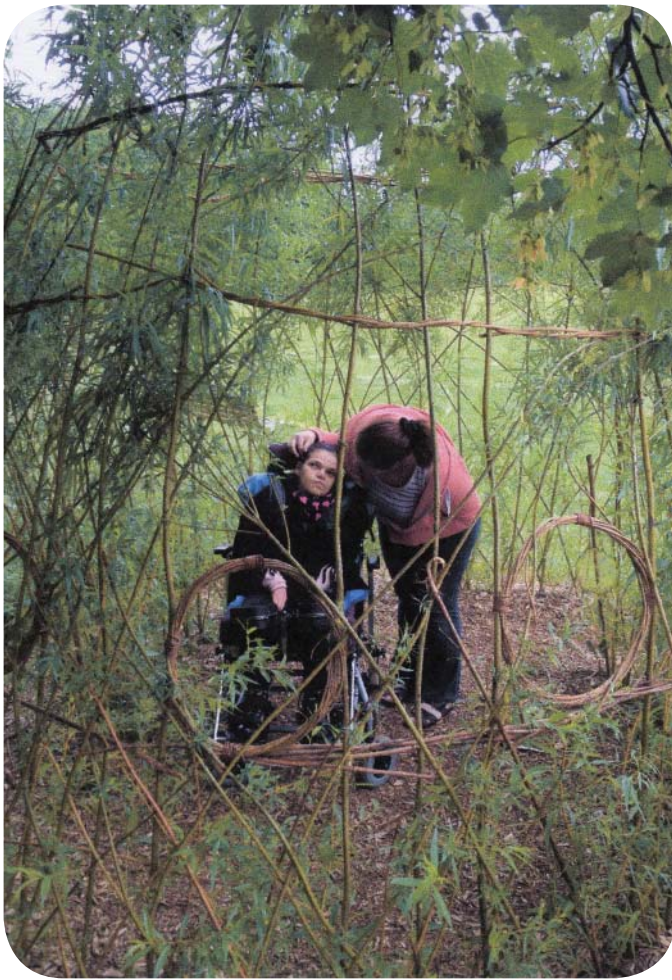
A sensory walk is an outdoor walk intended to engage students' imaginations and available senses.

For some people, a traditional walk in the park might not be rewarding due to very limited mobility, or bad eyesight. The sensory walk is an activity that suits many Parity students.



AIMS OF THE ACTIVITY

- To build students' awareness of the natural environment.
- To explore different objects through their senses ie. touch and smell.
- To boost students' communication skills and confidence.



Staff might stop at a tree with low branches, and support the person to feel and explore them. Unusual features provide added interest, like the willow structure on the left.

Staff will pick up tactile objects such as acorns, flowers or plants that the person can hold, touch and smell.

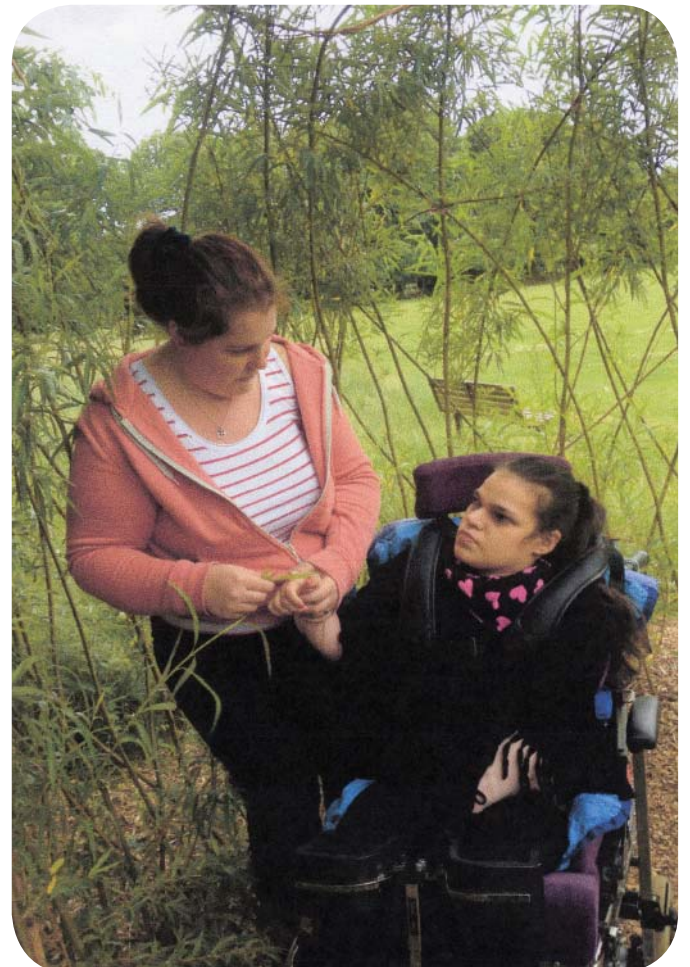
Staff make sure each item is something that they recognise and know is safe.

The staff member will talk about the item at the same time.

Students will show their dislikes. A rough piece of bark or something slightly wet or slimy, may be quickly dropped!

For someone who experiences the world in an entirely sensory way, new stimulation can be very important.

On this type of walk, each person can experience the variety of the natural surroundings using their available senses.



Examples of the different things to explore on a sensory nature walk:

- Sight- any objects above, below, or at eye level, colours, shapes, living creatures, man-made objects
- Touch- pine cones, plants, flowers, acorns, tree bark, rocks, sand, mud, water, animals and insects.
- Sound- bird song, a dog barking, people, running water and the rustling of leaves.
- Smell- flowers, pine needles, cut grass, wet mud, a pond and man-made smells.

