

Sensory activities in nature

PETERBOROUGH
READS

National
Literacy
Trust

- ☐ **Find something that smells nice** – talk about what you have found, what it looks like, you can even try touching it!
- ☐ **Look for a stick** – look together or separately. Is it heavy?
- ☐ **Look for leaves** – are they soft or crunchy?
- ☐ **Look for a pebble** – is it rough or smooth?
- ☐ **Look for a feather** – is it tickly?
- ☐ **Make a nature memory stick** – collect things from nature that have different colours and textures. Then stick them onto your stick and finish it off by tying some ribbon around it.