

Science Distance Learning: "Sensory Stroll"

Directions: Read the entire assignment before you start your sensory stroll. Record on this assignment sheet at least ten examples for each of the senses used (sight, smell, touch and hearing.)

Supplies Needed

1. The assignment paper and a pencil to record your information, a cell phone or at least some way to know the time, access to the outdoors, your legs to walk at a slow rate, stopping occasionally to observe something in more detail, your ability to use your senses of sight, smell, touch and hearing to detect things in the outside environment.

Safety: Only do this assignment if it is safe for you to be outdoors. Make sure you tell a familiar, trusted adult where you are going, what you're doing and when you'll get back. Plan on being outside for about 25 minutes. Outside areas can be a walk around the neighborhood or in some other familiar outdoor area. Have someone go with you if it would make you feel more comfortable. Be "street wise" and aware of your surroundings especially when walking by people, traffic, or uncontrolled dogs. Some areas, because of people and their activities, may not be safe, especially in the evening.

Weather Conditions: This assignment can be done in most types of weather conditions. Do not go outside if there are, or is a potential for, dangerous weather events including, but not limited to: thunderstorm/lightning, tornado, flooding, heat or pollution advisory, blizzard, extreme cold weather or extreme winds, etc. Ask a familiar and trusted adult if you are unsure. Check for an updated weather report for your area.

Dress for Weather Conditions

Cold Weather Dress: If it is cold outside then you might want to wear layers of warm outer clothing, warm boots, a stocking hat or a warm hood, gloves or mittens. Scarves come in really handy when they cover your nose and mouth and used to stop icy winds. Take some time dressing for the outdoors as you want to be as comfortable as possible.

Hot Weather Dress: If it is hot outside then dress lightly but you may want to apply sunscreen, wear a hat, sunglasses, and bring along water to drink. Bring a raincoat or umbrella if rain is likely.

Step 1 - Decide where you will go, when you will go, and if anyone else will be going with you (your choice, but choose someone that will help you and not take away from your experience).

Step 2 - Let a trusted and responsible adult know important information such as where you're going, and when you expect to be back. Bring along a cell phone for emergency use and also for keeping track of the time, or at least a watch, so you can keep track of time. Go outside to where you will be starting your sensory stroll.

Step 3 - Start a 5 minute timer on your device or look at your watch and figure out what time it will be 5 minutes in the future.

First Observation: Using your sense of vision: Take some time to look at your surroundings while you stroll along. It's ok to stop if you want to look at something for a longer period of time. Don't forget to periodically look and gaze up, down, to the right, to the left and straight ahead. Describe what you see as best you can.

Example 1: A red flower with 5 petals on a green, thorny plant that was about up to my waist in height.

Example 2: The sky was clear and sunny and all objects had long shadows (including my own shadow!) that were all pointing to the west. Example 3. A cold wind had blown a thin layer of dry snow on top of the crusty snow into miniature "white hills separated by parallel ridges."

What did **you see** as you strolled outside for 5 minutes?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

More Observations: (Can be made using any of these senses: sight, smell, touch, hearing)

Second Observation: Using your sense of smell: Our sense of smell is not as developed as many other mammals such as dogs, cats, rodents, etc. Rather than “pick” something and bring it to your nose, instead bring your nose to the object. That way you do not leave a trail of “picked” flowers and other objects behind you. If you have to move something to smell it better, make sure that you replace it where you found it. Describe the smells using as many descriptive terms as possible. Relate the smells to the smell of something that is more familiar. *Example 1: The smell of the newly cut grass was sweet with a little bit of a spiciness to it.*

Example 2: I was not able to smell anything from the flower at a distance of about 5 feet. When I brought my nose to the flower I still was unable to detect any smell. Example 3: I could smell smoke from burning charcoal in a BBQ and it had a kind of dusty smell.

What did **you smell** as you strolled outside for 5 minutes?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

More Observations: (Can be made using any of these senses: sight, smell, touch, hearing)

Third Observation: Using your sense of touch: Explore our sense of touch using your fingers carefully to touch the surfaces of “safe to touch” objects outside. Objects that are not safe to touch include, but are not limited to used needles, garbage, poison ivy plants, thistle plants and nettle plants. Plants like roses and hawthorns have large thorns that you have to be careful touching not to get poked. If you are not sure if something is safe to touch, please don’t touch it. There is an app called “Picture This” that you can install for free on your phone. You simply use the app to take a picture of a plant and the app tells you its name and information about it. *Example 1: The maple leaf had veins (little tubes) that I could feel as bumps on its*

bottom side; the maple leaf's top side was smooth without the tube bumps. Example 2: The flower's seed head appears fluffy but was hard to feel as it was made of soft, flexible, fine, hair-like strands that only kind of slightly "tickled" my fingers as I touched them. Example 3: The rock was mostly smooth, except where I felt a ridge that ran around the middle of the rock like a belt. The cottonwood branch had buds on it that were very sticky and the stickiness stayed on my fingers after I was done touching it.

What did **you feel** as you strolled outside for 5 minutes?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

More Observations: (Can be made using any of these senses: sight, smell, touch, hearing)

Fourth Observation: Using your sense of hearing: Explore our sense of hearing using your ears to listen to the sounds outside. Like our sense of smell, our sense of hearing is often not as well developed as many animals around us such as birds, other mammals, etc. We can usually tell the direction that sounds come from because one ear, the ear closest to where the sound is coming from, detects the sound slightly before the other ear, that is farthest from the source of the sound. Example 1: I could hear a "crunch" each time I walked on top of the snow as my boots broke through the thin crust of icy snow that had formed on top. Example 2: The black-capped chickadee sang a whistled two note song that sounded like "fee-bee" Example 3: The wind moving through the big cottonwood tree caused the leaves to flutter and hit each other making a whispering sound.

What did **you hear** as you strolled outside for 5 minutes?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

More Observations: (Can be made using any of these senses: sight, smell, touch, hearing)
