

SENSORY MAP

This activity helps you to slow down and tune in to your senses, creating deeper connections to the natural world and understanding your place within it.

The activity uses the 5 senses, but if you're unable to use a particular sense you can focus on a different one.

Use the fourth page to mark down what you can **hear, see, feel, smell and taste** in nature and where these things are around you. Imagine you are the green figure in the middle of the page and place yourself in the centre of the space you're in.

You could do this by looking out of your window, sitting in a local nature space, looking at a photo of a landscape or at an allotment/garden. Feel free to draw pictures or symbols, write, forage and describe.

Please see the third page for an example.



SENSORY MAP

Feel free to work through the senses at your own pace or follow the below guidance. A facilitator could guide through the senses too.

1. Take a moment to sit comfortably and quietly take in your surroundings.
2. Close your eyes and think about what you can hear.
3. Open your eyes and mark on your page what you could hear and where the sounds were coming from.
4. Take a moment to look around - what can you see?
5. Mark down what you can see and where it is.
6. Close your eyes and this time, think about what you can feel. This could be the sun or breeze on your skin, grass on your legs or the texture of a leaf.
7. Mark down what you could feel and where it is.
8. Now think about what you can smell and taste. It can be helpful to collect some herbs or edible plants to smell and taste, such as rosemary, mint, lemon verbena, lavender and sage.
9. Mark down what you could smell and taste.

You could think about how what you experience in nature might change with the seasons. You could even have a go at creating a Phenology Wheel and record nature every week or month to observe the changes.

We recommend spending at least 10 minutes on this activity - see if you can do it for longer each time! This kind of activity is also often called a Sit Spot.

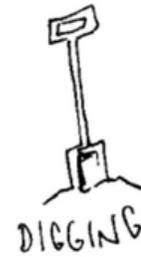
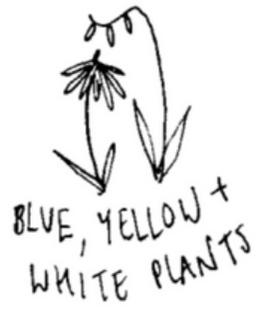


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Resources:

- Sensory Map Activity Sheet / Template
 - You can also use plain paper or cardboard
- Sensory Map Examples
- Pens or pencils
- Clipboards or something to lean on
- A tray of herbs or plants that engage smell, touch and taste
- An allotment or outdoor space!





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Use this space to write, draw or mark what you can hear, see, feel, smell and taste in nature and where these things are around you.

