



Fallen Timbers Backyard Activities

Meet a Tree Sensory Activity!

Use your senses to explore your backyard or nearby green space. We can use more than just our eyes to experience nature.

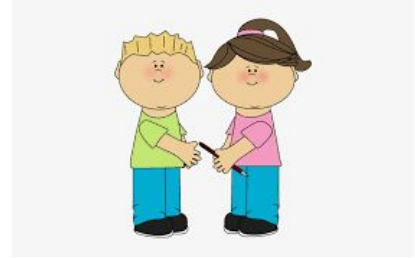
You will need:



Tree



Blindfold



Partner

Directions:

- Head outside with a partner. Choose who gets to be blindfolded first.
- Use the blindfold to cover one person's eyes. Make sure they can't peek!
- Choose a tree (or bush or something else natural in your outdoor area) that you want to lead them to.
- Gently spin them around a few times to disorient them. Put your hands on their shoulder and slowly, gently guide them to your chosen spot. You can lead them the long way, not straight to the spot. Make sure, as you are leading them, you tell them if they need to step over anything, so they don't trip. Remember, your job is to keep them safe because they can't use their eyes!
- Once you get to your spot, take their hands and have them feel the tree (or other nature). Tell them to feel how smooth or rough it is, how big or small it is. If it's a tree, maybe they can hug it and see if they can fit their arms around. No peeking!!
- When they are done "meeting" their tree, carefully lead them (on a roundabout way) away from their tree, back to the starting spot. Maybe spin them around a couple more times.
- Remove the blindfold and let them walk and look around to try to figure out which tree (or other nature) they "met". They can go and touch the different trees to see if they feel the same as their tree. Once they guess, you can tell them if they are correct!
- Now switch roles and they can lead you to a new spot! You can play again and again. You can choose trees, bushes, moss, plants, flowers, rocks or other special nature in your outdoor space. Just don't pick anything GROSS!

Have fun using your sense of TOUCH to explore outside! Remember to keep your partner safe!