

Sensory Outdoor Game

Get to know a tree.

This game might seem a bit crazy, but try it, it really is fun and a wonderful way to experience how every tree is different.

Location: Any outdoor area with a minimum of three or four trees.

Choose one person to go first.

Blindfold them (a scarf works well)

Turn them around three times and then lead them very carefully to your chosen tree.

Give them a few mins to touch the tree and get a really good feel for its texture, size, any angles or branches that they can reach. Do not say anything, leave them to it.

Lead them carefully back to your starting point.

Turn them around three times.

Take their blindfold off and see if they can point to the tree that they got to know

Were they correct?

Swap over until everyone has a turn.

Chat about the things that you noticed. Were the trees that you chose bumpy, smooth, prickly or papery? Do you think that all of the trees in the area are the same, or different?

Research to find out more if you want to.

How did you feel while doing this task? And afterwards? Focussing on our senses is a really good way to stop our brain 'thinking'. We cannot be in the sensory part of our brain and then thinking part at the same time. This means that any task involving the senses can become a mindful one which can be really helpful, especially if you find that your brain is worrying about things.