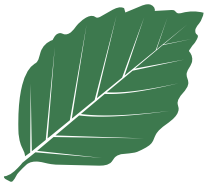
# Sensory Scavenger Hunt

by Bethany Brewin, Occupational Therapist

## 1. Sight (visual sense)

Create a "spot it" or "I spy" game to find local plants, animals, and objects. Pay attention to colours and shapes. Here are some ideas:

| | | | |
|---|---|---|---|
|  **Dandelion** |  **Squirrel** |  **Leaf** |  **Bird** |

## 2. Sound (auditory sense)

- Close your eyes and listen. What sounds can you recognize? Birds? The wind? Water? Cars? Animals (squirrels chattering, dogs barking)?
- Try to imitate a sound with your voice. Can you chirp like a bird? Can you blow like the wind?

## 3. Touch (tactile sense)

Safely collect items in the forest, at the beach, at a park, or in your neighbourhood. Can you find something:

| | | | |
|---|---|---|---|
|  **Rough** |  **Soft** |  **Hard** |  **Bumpy** |

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## 4. Smell & Taste (gustatory & olfactory senses)

**Sample fresh local fruits or vegetables.**

- Can you guess how they will taste by smelling them? What about by touching with your fingers, your lips, your tongue, or your teeth?
- Did anything surprise you?



## 5. Movement & Body Position (vestibular & proprioceptive senses)

**Safely experiment with movement at a park or playground.**

- Can you move quickly?
- Can you move super slowly?
- Can you find a way to be upside down?
- Can you spin, roll, or twirl?
- Can you bounce or jump?



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