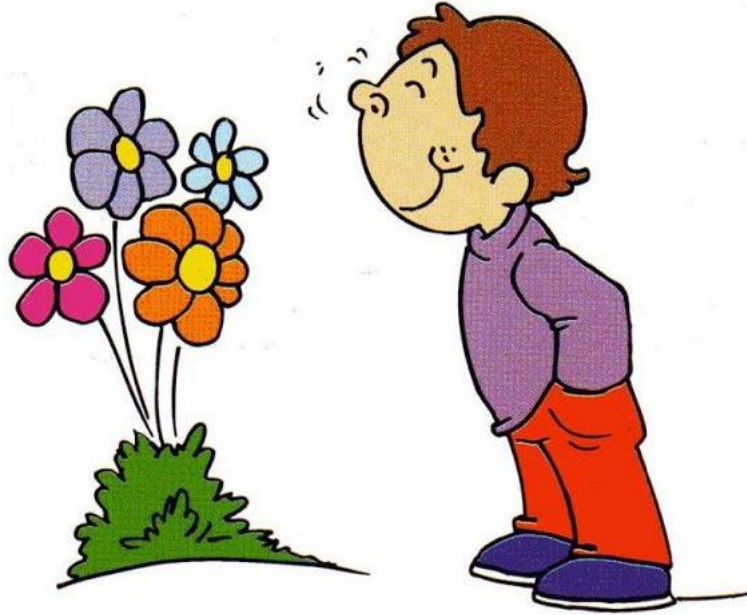


A SENSORY SCAVENGER HUNT



This is a "hunt" to discover more to your surroundings using senses other than sight. You can do this inside or outside, but try to do it at different times of the day. For example, go out in your yard with a family member in the morning, and find a comfortable spot to sit. Take a deep breath, close your eyes and listen. tell each other what you hear, smell, and maybe feel against your skin. Repeat this in the afternoon and evening. Go to the same spot each time and see if you can remember the differences and similarities of what you discovered using your senses. If you can't find a family member to sit with you, write down some of the sounds and smells.

You can do this several times a week or in different places.

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