

DAY 4: SENSORY WALK/HIKE



Taking a walk outside through your neighborhood or even in your own yard doesn't have to be boring! You never know what you may find! Today, we'll turn the outdoors into a scavenger hunt using four of our five senses – **Sight, hearing, smell, and touch**. The key to each mission is to take your time and focus on the one sense you're using! And remember to take photos, and with a parent/guardian's permission, **post and tag YMCA Camp Seymour on social media**. We love to see what you're up to!

Below, I've listed your different missions. Each mission uses a different sense. Remember to think about what you are **noticing** with each sense.

Mission #1: Sight – Color Walk Bingo

Look around for objects in the colors below. If you know what it is, write down what you found in that color's box. If you don't know what it is, then describe the object. **Half of the objects should be natural** objects, or not made by humans. The goal is to find all the colors on the bingo board!

Red	Blue	White	Orange	Purple
Dark brown	Yellow	Light brown	Dark green	Tan
Light green	Grey	Pink	Black	Medium green

Mission #2: Hearing – Sound Check

Be as silent as you can and listen. Write down **10 different sounds** you hear, three of which are NOT human made.

1)	2)
3)	4)
5)	6)
7)	8)
9)	10)

Mission #3: Smell -

Find **four different natural items** to smell. Describe the scent for each one. Pick one of the four items and crush it gently. Does it smell different? (Works well with leaves, grass, tree needles)

1.	2.
3.	4.

Mission #4: Touch –

You are **only touching NATURAL items** for this challenge. Find natural items with the following textures and list what you found in the box. Be sure to wash your hands when you're done!

Smooth	Sticky	Rough/Bumpy	Flakey	Silky
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I hope you had fun exploring with your senses today! I did! Now that you've got the tools, you can do it any time!