






Spring Sensory Trail

A resource for parents within the 'Spring' theme for learning.

This resource links in with the SPHE strand 'Myself' and the strand unit 'Self-Identity'. The aim is to enable students to experience the world around them through their senses. This resource is suitable for students in primary school and students with additional needs.

To go on a sensory trail we need to know what our senses are and which ones are safe to use in the garden.

What are our senses? Our senses are the way in which we experience the world. We experience the world through:

Touch	Taste	Smell	Hearing	Sight
				

Which of these senses are safe to use on natural things we find in the garden?

Touch	Taste	Smell	Hearing	Sight
				

It is NOT SAFE to taste things you might find growing in the garden. Some of these things could make you sick.

Let's go on our sensory trail!

1. List/draw three things that you can hear:

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2. List/draw three things that you can touch:

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3. List/draw three things that you can smell:

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4. List/draw three things that you can see:

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Cross off all of the things you heard, saw, smelt or touched!

Touch			
			
Grass	Flowers	Stones	Garden furniture
Smell			
			
Flowers	Herbs	Barbeque	Cut grass
See			
			
Birds	Bee	Airplane	Butterfly
Hear			
			
Birds	Dog	Airplane	Car