



## Forest Sensory Exploration

Forests are great places for quiet observation. Most of the animals living in the forest habitat are shy and hard to see. Try some of these sensory activities. Maybe you will be lucky enough to spot a deer or squirrel.

When entering the forest be calm and quiet and pay close attention to movement and sounds.

Make a sound map:

You will need a piece of paper and pencil or a stick and a bare patch of dirt. On your paper mark an X in the middle. This will be your map and the X shows where you are. When you hear a sound make a mark on the paper that indicates where the sound came from. Your marks can be interpretive of the sound you hear such as a musical note (♪) for a bird sound or lines to represent wind or water.

How many different sounds can you hear?

Close your eyes and listen carefully to all the sounds around you. Every time you hear a new sound raise one finger and count how many sounds you hear. Who has the best hearing?

How many different colors and shades of colors do you see?

Gather a collection of paint color sample cards and carry them along on your explorations. See if you can find things in nature that match the colors on the cards.

Still Hunting or Sit Spot:

Find a place to sit or stand quietly for a time. Be as still and quiet in the place for as long as you can. The longer you remain in this spot the more comfortable and curious the wildlife around you will become. This is a great activity to do near your home. You might be amazed how much wildlife lives around you.