

Five Senses Walk

Dear Parents,

I have asked your child to take a five senses walk. The fall season is a perfect time to use our senses to observe our environment.

You can take a walk down your street, go to a park, or even walk around your backyard. After your walk, your child should complete the five senses record sheet. You may assist your child with the writing. Also, please have your child collect one item from your walk and bring it to school in a plastic bag. For example, your child can collect a leaf, an acorn, a twig, seeds, etc.

Thanks for your help and enjoy a wonderful walk with your child.

Sincerely,





Sensory Walk



Sight: List three “signs of the season” that you were able to see on your walk:

Hear: Tell me one thing you heard on your walk.

Smell: Did you smell anything? What is something you were able to smell on your walk?

Touch: List two things you were able to touch on your walk.

Taste: Please do not taste anything on your walk, Instead, you can list a food you can find or enjoy during this special season.
