



## Five Senses Walk

### What You'll Need

An outdoor space (a walking path or trail is recommended but not required)

15-20 minutes

Printout or screenshot of these instructions

### Get Started

- As a group, find a starting point and pull up the prompts. Designate one person to be the prompt reader, or switch readers for every prompt.
- Walk together for about one minute in between each prompt. Have more time? Feel free to go further between each prompt!
- Stop and read the prompt aloud. Provide time for each person to think and respond to the prompt before continuing your walk.
- Once you've worked through all the prompts, discuss the debrief questions together.

### The Prompts

- As you walk, think of five words to describe your surroundings. What are they?
- Take a deep breath. Hold it for at least 10 seconds. What does the air taste like? What can you smell?
- Look around you. How many shades of green do you see?
- Where is the softest-looking thing within five steps of you? Go feel it! What three words can you use to describe how it feels?
- Look straight UP! How much sky can you see? How many different colors?
- Close your eyes and listen for 10 seconds. What do you hear?
- Find a natural object around you (a leaf, a rock, etc.) What do you notice about it? (Any patterns? How is it different from other objects of the same kind?) Does it remind you of anything? What questions do you have about it?
- Get down lower to the ground. What can you see that you couldn't see before?
- The water in your body has touched the lips of ancient queens and prehistoric salamanders. What natural objects around you can you find that contain water?
- Stop in a safe space and turn around slowly. What is the most beautiful thing you can see?

### Wrapping Up

*Find a quiet spot to gather together at the end of your exploration. Allow each person in your group the opportunity to share their answer to each of the following questions.*

- Think of five words to describe the walk you just took. What are they?
- What is one word you would use to describe how you felt during this activity?
- What do you want to remember from this experience?
- Who would you like to tell about this experience? What would you tell them?
- Where else would you like to explore using this activity?