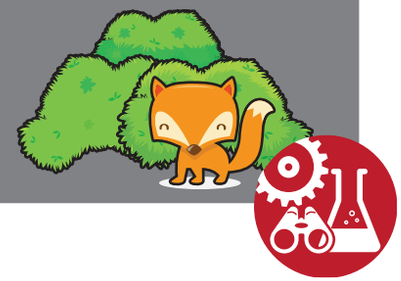
Use your Five Senses:

FIND YOUR TREE

RUSTY'S MEADOW
Active & Healthy Living



THE ADVENTURE:

How do you tell different trees apart? Some animals can't see very well, and need to use their other senses to find their way.

With your partner, decide who will wear a blindfold and who will lead. If your partner is the leader, he or she will lead you to a nearby tree. Next, without using your eyes, use your other senses to get to know that tree. After a few minutes, he or she will lead you away. Take off your blindfold – can you still find your tree?

PLAN:

- Where will you do this adventure? Make sure there are a lot of trees nearby.
- What will the boundaries be?
- How do you use your senses to describe something?
- What are your five senses?
- What can we do with our five senses?
- How will you make groups of two?

DO:

- With your partner, decide who will wear a blindfold and who will lead.
- If your partner is the leader, he or she will lead you to a nearby tree.
- Carefully observe everything about this tree using each of your senses – how does the bark feel? How big is the trunk? What kind of leaves or needles are on the tree? What does the tree smell like?
- After a few minutes, your partner will lead you away from the tree.
- Then, take off your blindfold a try to find your tree. Can you find it?
- Switch partners and try again!

REVIEW:

- What do you know now that you did not know before?
- How did you describe your tree?
- How did your tree feel? Smell? Sound? Taste? (Taste?! Yuck!)
- Were you able to find your tree after taking off the blindfold? How did you find it?

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MATERIALS:

- Trees
- Blindfolds

ONLINE RESOURCES:

- You and Your Sense of Touch **www.youtube.com/watch?v=QW7SPO8YcAs**
- Tree Hugging Game **southernwilddesign.com/tree-hugging-family-game/**

SAFETY TIP:

- How can you stay safe when wearing a blindfold? Keep one hand out in front of you to protect you, and the other hand on your partner.