



# SPROUTS

Suitable for Ages 5+

## WHAT'S HAPPENING?

Windy Walk  
5 Senses of Trees

## MISSION

Learn about healthy outdoor living,  
through the urban gateway to Nature.

## CONTACT

Katie Job  
@garddwest  
www.garddwest.com  
garddwest@gmail.com

## WINDY WALK, 5 SENSES OF TREES

### Materials

*you can download printable resources for this activity at [garddwest.com/ecoeducation](http://garddwest.com/ecoeducation) but they are not essential*

"5 Senses of Trees" Printable Activity Chart  
or

notebook, paper, something to write on

writing utensil, optional: one colour for each of 5 senses

### Instructions

*go on a backyard amble, neighbourhood walk or trail hike*

as you walk, pay close attention to what is around you  
is it breezy or windy? let that steer the direction you walk

as you walk, match your breathing to your steps  
if you run quickly, does your breathing speed up?  
if you walk slowly, can you slow your breath to match?

can you name the 5 Senses?

SEE, HEAR, SMELL, TASTE, TOUCH

what can you discover by using those five senses?  
what do you see? hear? smell? taste? feel?

find a tree in your backyard or along your walk or hike  
and fill out the "5 Senses of Trees" activity chart

### Examples

What do you see?

*leaves moving / colours of bark / shape of the tree*

What do you hear?

*wind in leaves / branches creaking / squirrels*

What do you smell?

*leaves decomposing / pine needles / fresh air*

What do you taste?

*some edible leaves / fruit from trees / maple syrup*

What do you feel?

*cool shade / texture of bark / hug a tree*