

Senses Walk Journal

Let's go on our own senses walk! Whether you're walking through the park, the forest, or just through your neighborhood, you can turn your nature walk into a senses walk. Take this guide with you and follow these prompts while you take in your surroundings!

Let's explore touch!



Notice the air on your skin and in your lungs! What does it feel like? Is it warm or cool?

Notice where your feet meet the ground. Is the ground here bumpy or smooth?

Gently touch a few natural things. What other textures can you find?

Let's explore sight!



Look around you. Can you find any evidence of animals (holes in leaves or in a tree trunk or some tracks left behind)?

Look for sun and shade! How does the light change or stay the same where you're walking?

Look for colors! In the spring, we can find changing colors all around. Do you spot any colorful buds or new green sprouts? What other colors do you notice?

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Let's explore hearing!



Listen carefully. What sounds do you hear?

In the spring, we might notice new sounds of animals! Can you focus on some sounds of nature?

Let's explore emotions!



How are you feeling?

How does being in nature make you feel?

How does it feel to move slowly and take a walk?

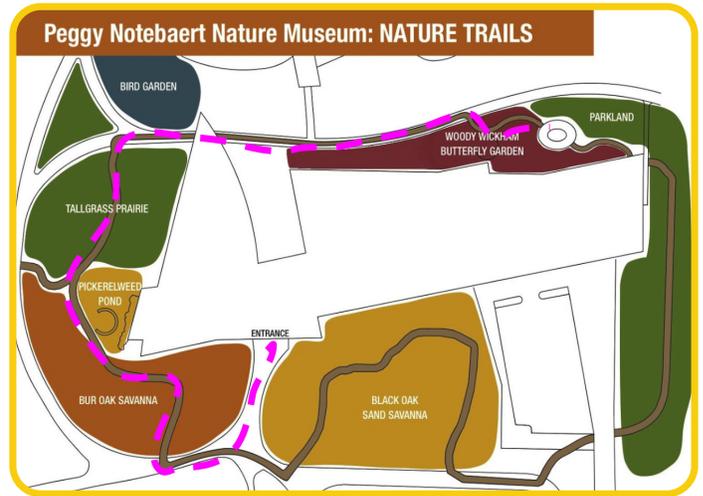
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Example Spring Nature Walk Map:

Draw a map of where you visit and add a dashed line to show where you walked. Mark interesting sites you explored with your senses using labels. Make a key for your map, if you wish. Then, share your walk with someone else by showing them your map!

Not sure where to start? Take a look at our example nature walk map for some inspiration.



My Spring Nature Walk Map: