

Sustrans School Programme

Take 5 Sensory Discovery



Suitable for: All

You will pause during a daily exercise to help you notice your surroundings and what you are experiencing in that moment.

You will need to note the **list on page 2** so you can take it with you on your walk or cycle. You could either print it off, take a screenshot on a mobile phone, or write it down on a piece of paper.

Extra activity

Why not try this activity during the rest of your day to help ease any feelings of stress, anxiety or unease. You can do the activity anywhere – at a desk, on the sofa or looking out the window.

What is Mindfulness?

People of all ages can benefit from mindfulness. It is a simple exercise of focusing thoughts and feelings you are experiencing in the present moment. It can help parents and caregivers by promoting happiness and relieving stress. Children can benefit by forming healthy habits when dealing with big emotions.

You can find out more about mindfulness, and different methods to help you and your family at: [NHS - Mindfulness](#)



Take 5 Sensory Discovery

On any active journey such as a daily walk or a family bike ride, **find a safe place to stop to admire your surroundings.** Make sure you aren't blocking a path or route for other users. You could also do this activity in your garden or looking out a window.



Take your time to take in your surroundings. Work your way through the list in your own time counting off items for each sense before moving onto the next sense.

NAME..	
5	things you can see
4	things you can hear
3	things you can feel
2	things you can smell
1	thing you can taste

When noticing things you can **feel**, avoid touching things with your hands or wash your hands using hand sanitiser or soapy water as soon as possible. We recommend **thinking about the textures** you can see such as prickly leaves or a fluffy dog. Can **notice the feeling of your feet** standing on the ground, or the breeze on your face?

You can do this exercise at **anytime, anywhere** to help focus your mind away from daily stresses or emotions.



Take 5 Sensory Discovery

Think about how can you include the 5 Ways to Wellbeing into your Take 5 Sensory Discovery

KEEP LEARNING

TAKE NOTICE

BE ACTIVE

CONNECT

GIVE

BE ACTIVE



TAKE NOTICE

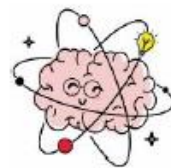


CONNECT



Do the activity with your family

KEEP LEARNING



Think about what you learnt

GIVE



Share your creations!

