



5 Senses Trail (EYFS)

Create a simple nature-based sensory trail for your EYFS class with this easy to follow lesson plan.



'Seeing', 'hearing', 'touch', 'taste', and 'smell' are simple but powerful words. Our senses help us learn about the world around us and provide necessary development for children. By following this sensory trail lesson plan, children can learn and connect with nature at the very beginning of their education.

What you'll need

- 5 senses labels placed outdoors in advance (see Appendix 1 for labels)
- Something for children to collect materials e.g. Tupperware box, paper bag etc,

Subjects

Science

Lesson Plan:

Warm-up/introduction

Sing the 'Parts of a Tree' song (see Appendix 2)

Stimulus

Read the book 'The Bog Baby.' Stop to share key points. Ask children what might happen next and how key characters are feeling.

Show children one of the pictures in the woodland. Ask them to close their eyes and imagine how it would smell, feel and what sounds would they hear.

Main activity:

Split the class into two groups. Each group will go outside and explore using their 5 senses.

As a group, the children will explore the outside areas and use the senses labels as prompts in specific areas.

Hear – Ask children to stay quiet as a mouse and close their eyes if they want to. What can they hear? Which direction is the sound coming from? Can they copy the sound and the rhythm? What is making the sounds? Can they hear a bird, a bee or the leaves moving?

Smell – Can they smell anything? Find something scented in the area such as a flower or leaf. Rub a leaf to release the smells.

Touch – Can they find something smooth, rough, fluffy, spiky (be careful with this one!), bendy, soft, hard etc.

See – Can they see anything special to them? A living thing? Something colourful, shiny, dull? Something that is moving or still?

Taste – What might a living thing, such as a bird, eat in your woodland? Should we eat it? Discuss safety and to always check with an adult. Berries in the woodland may taste sour or sweet but can make you very sick if they are not safe. You could bring some fruit or nuts into the classroom from a supermarket or greengrocer to show what foods come from trees e.g. apples, pears, plums, cherries, hazel nuts, blackberries etc. What else might living things eat in a woodland?

Plenary

Show senses on your body: eyes, nose, ears, fingers, and mouth. When you point to each children can tell you what they found out about it in the woodland.

We would love to see your children learning more about trees! Share your photos with us on Instagram or twitter /cityoftreesmcr

Learning Objectives:

- Explore using our 5 senses
- Observe living things in their habitat
- Recognise and name some living things

NOTE:

We will not taste anything, but we can discuss how humans and animals find food in the woodland and that we must not eat anything without checking with an adult first.

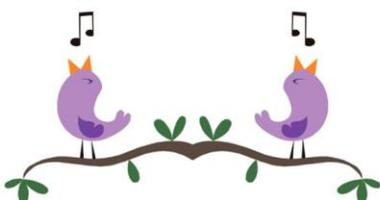




What can you
SEE?

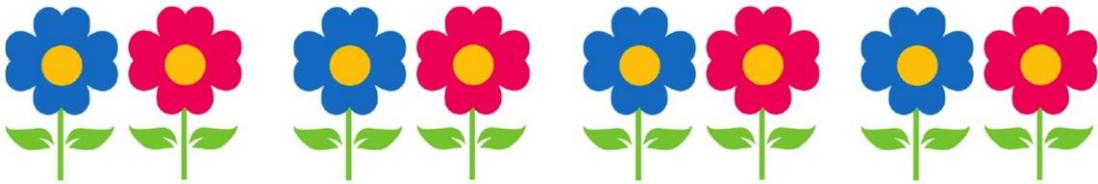


What can you
HEAR?





What can you
SMELL?



What can animals
TASTE?





What can you
TOUCH?



Soft



Hard



Smooth

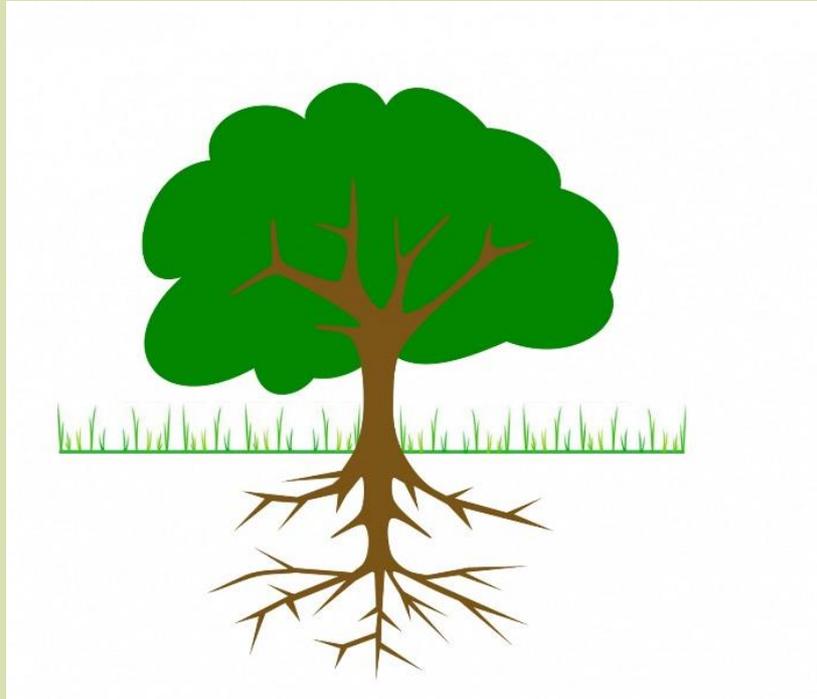


Pointy



Appendix 2: Tree Song

To the tune of 'Head, shoulders, knees and toes...'



Leaves, branches, trunks and roots, trunks and roots
Leaves, branches, trunks and roots, trunks and roots
Buds, and fruits, and flowers in the breeze,
These are parts of a tree, of a tree!