

A sense of discovery

BUZZZZZZ



Take your young people out and about on a sensory adventure, using their five key senses - sight, smell, touch, taste and sound - to explore and discover the environment around them. Whether you're exploring your local urban environment or taking a trip out into the countryside, encourage your young people to keep a diary of what they discover.

SEE

Ask your young people: **What sort of things can you see around you?** Does changing your position change what you can see? Try looking up high, or crouch down low.

Encourage your group to record what they can see. **Why not take some pictures? Or draw some of the things they can see.** Get creative!

Make sure everyone does their best not to disturb plants or wildlife, or take home any souvenirs. Leave everything you find for the next person to discover.

TOUCH

What sort of textures can you feel? Are they dry and rough, or wet and smooth? Does closing your eyes heighten your sense of touch?

Recording what you can feel can be tricky, so why not pack some paper and crayons for the young people to **create some rubbings of the textures they feel?**

*Remember to wash your hands when you get back to your meeting place.



SOUND



What sort of things can you hear?

Try closing your eyes, can you pick out different sounds and identify what they belong to? Depending on what time of day you go, will you hear different things?

How could you record what you hear? **What descriptive words describe what you can hear?** Can you try and recreate the sounds using your own voice?



SMELL

Encourage your young people to **take a couple of deep breaths** and then ask them **what sort of things they can smell. Does it smell nice?**

If not, what's the cause of the bad smell?

Ask your group to close their eyes and to **guess what different items are, just from their smell.**



TASTE

When you are on a walk or hike you need to remember to stay hydrated and have plenty of energy. **Have a think about what sort of food and drink you need to take on your walk or hike.**

The best food for hiking is energy dense foods, like dried fruit, nuts and seeds. **Try these foods and think about what they taste like. Are they soft or crunchy?**

Don't forget to take all your litter away with you. Make sure you have up-to-date allergy information for all your young people before allowing them to taste the different foods.



BEAR believes in getting kids back to nature, both in what they eat and what they do. So we're working with the Beavers to help them spend more time in the great outdoors whilst conquering BEAR's My Adventure Challenge Award. Leaders, take a peek at BEAR's Activity sheets for easy and exciting ways for your Beavers to tackle each challenge!

Partner



More information

BEAR partner the Beavers My Adventure Challenge Award. For more information or to download the activity packs, visit scouts.org.uk/bearnibbles