



Backyard Sensory Solo

Grades: 1-8

Duration: 30 min

Time to get quiet and use your senses. Spend 15 minutes outside in one area. Try not to move around much or talk. Write down everything you observe using sight, sound, smell, and touch. Leave your sense of taste for snack time!

Record your sensory observations below in **pictures** or **words**.

Sight:	Sound:
Smell:	Touch:



Backyard Sensory Solo (cont.)

Reflection Questions

1. What did you notice most? Was it a certain sense or something happening around you?

2. Did you notice observations that were mostly natural or man-made? Why do you think that was?

3. Did the time of day impact your observations? Or the weather?

4. What was your favorite observation and why?

5. Do you think people take enough time to appreciate nature? Why or why not?
