

Nature Bingo

See what you can smell, touch, see, hear, taste and feel in different places.

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In the garden - Down the path - In the sky

Play Nature Bingo when you visit the Museum of East Dorset.



Kneel down and touch the ground. Use your whole hand, your fingers and your palms. What can you feel?

⇒ Is it rough or smooth?

⇒ Is it hard or soft?

If you want to, take your shoes and socks off on the lawn. Can you feel the grass between your toes?

⇒ Is it cold?

⇒ Does it tickle?

⇒ Is it damp?



Take a moment ...

5...4...3...2...1

Find...

5 things you can see

4 things you can touch

3 things you can hear

2 things you can smell

1 thing you can taste



Remember... there are no right or wrong answers.



Find a spot to sit...

- Close your eyes

- Stay silent for 2 minutes

LISTEN VERY CAREFULLY TO ALL THE SOUNDS AROUND YOU

- What can you hear?

- Where did the sounds come from?

- Did you hear the same sounds as your friend?

DO STAR JUMPS FOR ONE MINUTE...



At the end, place your hand on your heart.

Pay attention to your heartbeat and breathing.

Is it different to before?

cloudbusting

Find a quiet spot to sit and look up at the sky...

- * What colour is it today? Does it remind you of anything else?
- * Can you see clouds?
- * Can you see any shapes or pictures in the clouds? Describe them to your friend?
- * Do you see the same pictures as your friend?
- * Are the clouds moving in the sky with the breeze? Watch one cloud slowly change its shape.

Breathe...

1. SKY



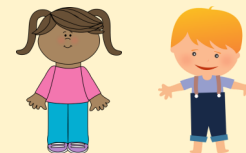
Look UP at the sky and take a DEEP breath...

2. SHOE

Breathe all the way DOWN to your foot in your shoe...



3. ME



Breathe UP from your shoes all the way to your head...

4.

If the first three felt good, try one more!

One More Time...?