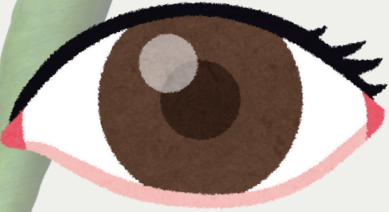





# SENSORY EXPLORATION

Park Futures Edu

30 MINUTES

Go for a sensory walk. When you find a nice spot, ask child to take a moment and look around, listen, and explore. Together list three things for each category, or ask child to draw or write their findings

Benefits: Being able to notice things takes patience and practice. Both qualities help children self-regulate, participate in their surroundings and better understand the world we live in.