

# Mystic @ Home Activity: Natural Senses



**Incorporates:** Discovery, understanding of senses, self-guided learning, getting outside, observation, critical thinking, creativity, mindfulness

**Summary:** This activity will allow your entire family to spend some time outdoors and to mindfully tune into your senses. Hopefully this will open up the world around you as you can start to conscientiously notice more about your surroundings. These sensory challenges will keep everyone entertained and can be done easily with common household items. These activities can also connect to science and biology lessons by exploring the ways animals use senses to survive.

## Equipment:

- Various food items with distinct tastes (peanut butter, honey, etc.)
- Blindfolds
- Crayons and scrap paper

## Easy Step by Step:

1. **Taste Activity – Palette Test:** Blindfold participants while seated around a table. Using one food item at a time, give each participant a taste of the item. They cannot guess until everyone has had a taste. On the count of three have all participants guess the item. See who has the most accurate sense of taste! Use a variety of items, as many as you want.
2. **Touch Activity – Texture Scavenger Hunt:** Go outside and attempt to find one natural object for each of the following textures. Pointy/prickly, rough, smooth, soft, hard, fuzzy, moist, dry, sticky, cold, and warm. Discuss the advantages/purposes of different textures in the wild. Can you think of any animals whose texture helps them survive?
3. **Hearing Activity – Cat Walk:** Each participant will practice being the predator and the prey. Talk about how big cats hunt incredibly slowly and quietly, trying to sneak up on prey. Prey must use their sense of hearing to protect themselves. The prey should sit in the grass or on the floor with their back to the predator. (This works best outdoors.) The Predator then, starting about 25 feet behind the prey must attempt to sneak up behind them with the goal of tapping the prey's shoulder without being heard. They prey must listen very carefully and raise their hand when they hear the predator approaching. Rotate through participants so everyone can try both roles.
4. **Sight Activity – Eye Tricks:** Find a room in the house with minimal natural light (closet or basement). It should be almost totally dark in the room, some light similar to the amount given by stars or the moon is sufficient. Sit in a circle on the floor. Tell jokes or ask each other questions for 10 minutes while your eyes adjust to the dark. No moving. Pass each participant a piece of scrap paper and a crayon, each person should look at their crayon and attempt to write the color of the crayon they think they have on the scrap paper. See who gets it right!
5. **Smell Activity – Onion Trail:** Cut an onion into half's or quarters, one person should go outside and use the onion to rub on objects around the yard from one point to another. Mark the beginning and end of the trail with any object of your choice. From the starting point, participants must use their sense of smell to follow the onion trail to the end of the trail.