

NATURE SENSORY CONNECTION

This nature based-activity invites kids and adults to slow down and become more aware of their own sensory experiences.

FOR ADULTS

First, try this activity yourself and/or share it with other adults.

- 1 Take a few moments to **gather one nature item per person**.
- 2 Invite each person to **hold their nature item**.
- 3 Use the following script to **guide exploration**:

SIGHT

Use your eyes to notice the details of your nature item.

- *What do you notice about the colors you see? Its shape? Its size? Do you notice any patterns?*

Turn over your item to explore every side.

- *How does your item look different from a new perspective? What new details do you notice?*

TOUCH

Hold your nature item. Feel the weight of it in your hand.

- *Is it heavy or light?*

Run your fingers along the top and sides of the item and gently press your fingers into the item.

- *Is it smooth or rough? Hard or soft?*

REFLECT

Take three deep breaths.

Think about how this nature item makes you feel.



FOR YOUNG CHILDREN

Then, try this activity with a young child.

- 1 Invite or help the child find a nature item that interests them.
- 2 Encourage the child to explore the nature item at their own pace, helping them if needed (for example, placing the item in the child's hand).
- 3 As they explore the nature item, **narrate what you observe**. (*"It looks like you want to hold it."*)
- 4 Even if the child is not yet verbal, you can invite them to become more aware of their own experience. (*"I wonder how it feels to you..."*)

WHAT'S THE "WHY" OF THIS ACTIVITY?

Nature-based activities can help children (and adults) build self-regulation skills by increasing their awareness of their own sensory experiences. Self-regulation skills (managing one's feelings, behaviors, and thinking processes) are a key part of school readiness.

