

# Sensory Buffet



## Overview

We rely on our eyes a great deal. Can you identify items around you by touch? taste? smell? sound? In this adventure, you and your partner will take turns collecting items to create a feast for the sense!

## Gear

- Blindfold or bandana (optional)
- bag or basket (optional)

## Step 1

Let's explore the Winter Garden! What things do you notice that might be fun to explore using your senses of smell, taste, touch, or hearing? Look for things with interesting textures, aromas or odors, or that might make a noise.

## Step 2

Next, identify 4 items that you want to share with a partner. Don't tell them what they are - it's a secret! If possible, find one each that they can smell, taste, touch, and listen to.

Consider how you might share this item with your partner. Is it an item that is already detached from a plant? Could you bring your partner to the item instead? Make a plan for how you will present their sensory buffet.

***Pro tip:** Talk to your adult about which items are safe to collect, and would be least damaging to the plants at the Arboretum. Try out the 3Ds activity for some ideas!*

### **Step 3**

Now, it's time to put their senses to the test. Introduce each item to your partner by carefully walking them to it or bringing it to them. Let them know which sense they'll need to identify it. How many did they get right?

Time to switch roles!

***Build on:** The Winter Garden looks different throughout the year. Try coming back during another season to notice what has changed.*

### **Step 4**

Talk to your adult - what did it feel like to identify an item without your sense of sight? What is something new you learned about one of the items from your sensory buffet based on your observations with your other senses?

***Take it home:** What do you hear, smell, and feel near your home?*