



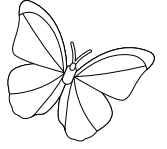
The
Wildlife
Trusts



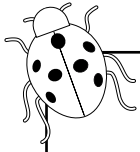
EMPOWERING
BLIND
CHILDREN
YOUNG ADULTS



Sensory bingo!



We've worked alongside sight charity VICTA to create this activity to encourage a sensory adventure! See how many of these you can cross off.



Hear the wind	Hear flowing water	Feel the length of a hedge	Hike a nature trail	Make a sensory nature basket
Feel a spiky leaf	Hug a tree	Splash in a puddle	Feel soil	Identify a bird's song
Let sand or soil fall through your fingers	Feel the bark of a tree	Feel a crunchy leaf	Smell freshly cut grass	Hear a swan
Smell a daisy	Feel moss	Explore a fallen branch	Find something soft in nature	Hear a buzzing bee
Find five of the same thing	Feel a smooth rock	Hear a duck	Smell a wild herb	Hear a frog

