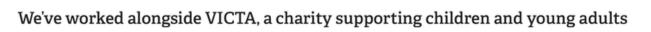




Sensory bing



Engage all of your senses when exploring nature

We are all sensory beings and although we may feel sight is our dominant sense, by taking part in VICTA's sensory bingo scavenger hunt, you can put all your senses into action and really appreciate the whole of the natural world around you.

Sounds, textures and scents all play a huge part in the wonders of nature. While you explore and complete your bingo, take the time to really think about all of the different senses each item you find ignites.

What are your favourite textures, sights, sounds and smells?

How do you feel while exploring outdoors?

Could you identify items in nature if you had limited or no vision?



If you or your child has a vision impairment find out how you can access and get involved with the sensory bingo activity with VICTA by scanning the QR code.











Find three different leaf shapes	Listen for buzzing	Feel the strands of a feather	Smell a flower
Feel moss – does it feel spongy?	Find an item that's been nibbled by a mini beast	Find five smooth pebbles, each larger than the one before	Listen to the pitter patter of summer rain
Touch the dew on the morning grass	Do a bark rubbing	Listen for a mysterious sound – what is it?	Smell growing herbs
Arrange twigs to write your name	Find something natural you can roll	Hear ducks quacking	Find something that crunches