



9 SENSORY FOOTPATH

We use our senses to explore the world around us.

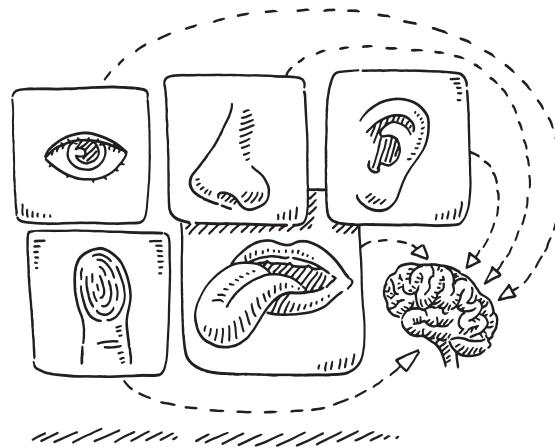
GRADES 3–5

Learn how walking barefoot can help highlight your sensory experience.

1. GET STARTED

Review the five senses, pointing to each body part and naming the corresponding sense.

- ▶ With my **eyes**, I see
- ▶ With my **ears**, I hear
- ▶ With my **nose**, I smell
- ▶ With my **mouth**, I taste
- ▶ With my **hands**, I touch



2. DIVE IN

Take off your shoes and slowly walk down the sensory footpath. As you go, try and complete this sensory scavenger hunt. There is also a copy in your resource book. You may need to walk off the path to complete the challenge.

hear farm machinery	taste an herb	touch a smooth rock	hear a bird singing
open a seed	look for different shades of green	touch a soft leaf	observe a colorful flower
touch a blade of grass	watch an insect	feel damp soil	hear a buzzing bee
Identify something growing	hear a branch break	touch a flower petal	What else did you notice?

You can also trace your hand on a blank sheet of paper and label each finger with a sense. Write down some descriptive words as you smell, touch, listen, look and taste an herb.

3. LEARN MORE

To learn more about your five senses, watch this FoodPrints TV video [Exploring with Our 5 Senses](#). To cook a Five Senses Recipe at home try a FoodPrints favorite recipe, [Apple Beet Carrot \(ABC\) Salad!](#)

FIELD TRIP MAP

parking lot



walkway



picnic tables



③ RAISED BEDS



② GREENHOUSES



④ "APIARY" BEE HIVES



⑤ THREE TIER COMPOST SYSTEM



⑥ BLUEBIRD TRAIL STARTING POINT



⑦ BEE HOTEL



⑩ EDIBLE FLOWERS



⑨ SENSORY FOOTPATH



⑧ POLLINATOR HABITAT