



9 SENSORY FOOTPATH

We use our senses to explore the world around us.

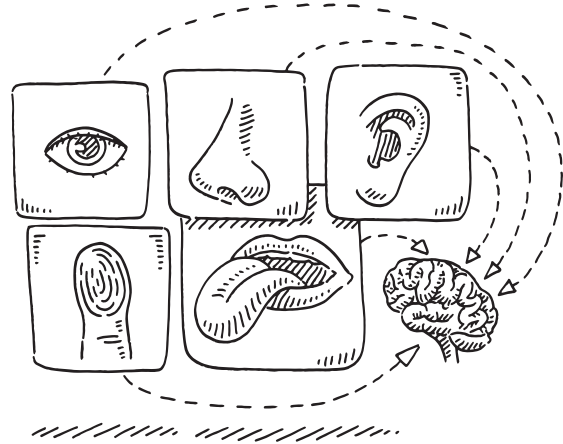
PK–2ND GRADE

Learn how to use each of your senses as you walk the sensory footpath.

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 walk down the footpath. Use your senses to look for these items.

Eye – **Look** for different shapes on the footpath. Where do you see squares, rectangles, triangles? Do you see any other shapes? Draw some of the shapes you see along the path.

Ear – Close your eyes and **listen** for sounds such as the birds, squirrels, or the wind. What else can you hear?

Hand/Feet – How does the ground **feel** on your bare feet? What textures do you feel as you walk on the different surfaces of the foot path? Use descriptive words to describe what you feel as you move onto each square.

Nose – Bend down to **smell** grass and other plants growing on the path. Look and see if you can find mint or rosemary plants. What do they remind you of?

Mouth – **Taste** mint and herbs.

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!](#)

At The JK Community Farm, we encourage you to use all of your senses as you explore different parts of the farm. Sensory pathways enable students to develop motor skills like balance, hand eye coordination, and spatial awareness. In addition, feet are one of the most sensory-rich parts of the human body! Being barefoot powers growth, development and nervous system functioning.

FIELD TRIP MAP

parking lot



1 HUMAN SUNDIAL

picnic tables



2 GREENHOUSES



3 RAISED BEDS



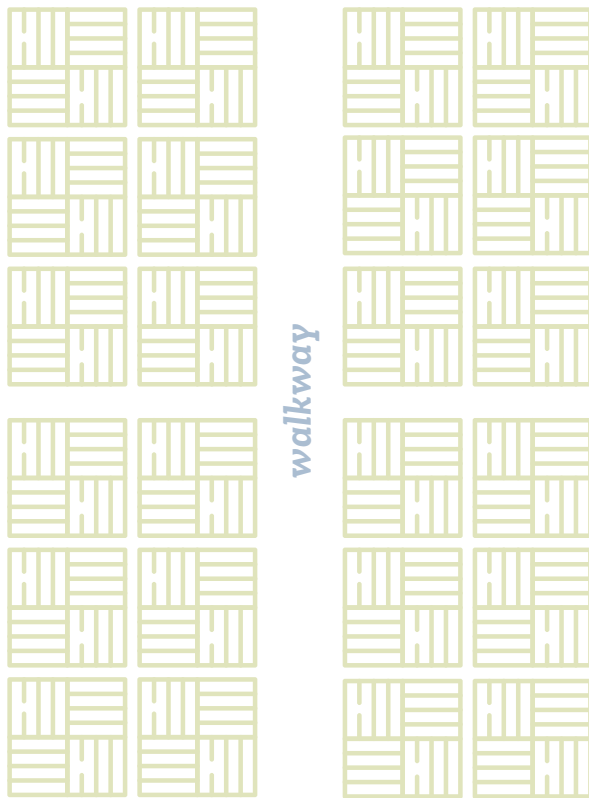
4 "APIARY" BEE HIVES



5 THREE TIER COMPOST SYSTEM



6 BLUEBIRD TRAIL STARTING POINT



7 BEE HOTEL



10 EDIBLE FLOWERS



9 SENSORY FOOTPATH



8 POLLINATOR HABITAT