



### Forest School Home Pack: MULTI SENSORY

We have been bowled over with the enthusiasm displayed towards our home learning packs so far and have sent out over 2000 packs worldwide. We are really thrilled that our Primary Forest School community is growing too- our Facebook, Instagram and Twitter feeds are being shared and followed and we couldn't be more excited- thank you!

We will be frequently posting new ideas and information if you need more inspiration for activities. If you enjoy doing these activities please share your feedback and experiences with us - we'd love to hear from you.

This pack is a **MULTI-SENSORY** pack. We know that many different children enjoy and benefit from Forest School activities so we've decided to make these activities centre around all 5 senses:

**Touch/motor development activities**

**Taste/eating/mouth activities**

**Smell activities**

**Sound/listening activities**

**Seeing/observation activities**

Lots of these activity ideas can 'double up' and be explored using more than one of the senses. You can also 'go large' or 'go small' with these in terms of the scale that can be worked on. Some children like to be specific- others like to be very physical! Included, you will find suggestions of how to change the 'scale' of these activities too.

Please stay safe during these activities and **adult supervision is advised at all times.**

We look forward to catching up with the children upon their return to the school.

Best Regards,

Emily Stiles, Ellen Blackwood and The Primary Forest School Team

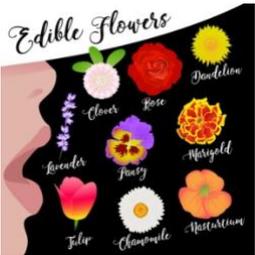
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Touch/motor development activities	Activities	Equipment	Potential Risks	Impact
<p>1</p> 	<p><b>Spider webs/slug trails.</b> Mix cornflour and water into a runny paste- make slug trails for someone to follow or form gentle flowing trails to build a spider web. How does it feel as it trickles between your fingers?</p>	<p>Cornflour Water Mixing bowl</p>	<p>Nil by mouth is advised.  Watch where you walk when you lay your trail!</p>	<p>Children engage in their natural surroundings and consider how creatures leave their mark in their own way.</p>
<p><b>GO LARGE!</b> Could you use rope or string to wrap around bushes or trees to make a giant spider web? Can people fit through the web? Could it trap a person or a toy?</p> <p><b>GO FIDDLY!</b> Can you wrap cotton around twigs or grass to make a tiny web? Or you could use pipe cleaners or spaghetti to build your own web by threading.</p>  				
<p>2</p>  	<p><b>Leaf and petal confetti.</b> Find an assortment of different coloured leaves and/or petals. Snip, rip or tear them into little pieces. Maybe you have a hole punch or shape punch you could use too! <b>1.....2.....3: Throw it all into the air!</b></p>	<p>Scissors Leaves Petals</p>	<p>Nil by mouth. Take caution with scissors.  Consider the plants that you are using- make sure you know they're not poisonous.</p>	<p>Development of dexterity and muscle use when making their shapes.</p>
<p><b>DOUBLE UP!</b> You might like to ask someone else to throw your confetti whilst you lie on the ground! How does it feel when this sprinkles down onto you? Maybe you could wear swimming goggles so that you can still keep your eyes open- what does it look like as it comes back down?! (Don't forget to keep your mouth closed!)</p>				
<p>3</p> 	<p><b>Grass Twist and Knot.</b> How many knots can you tie into one blade of grass? You could have a competition with someone in your family. How careful can you be so you don't rip it?</p>	<p>Lawn grass Field grass</p>	<p>Nil by mouth Consider where you collect your grasses from- have animals been there- should you wash it first?</p>	<p>Fine motor development in know tying.</p>
<p><b>GO LARGE!</b> Can you join different blades of grass together by knotting them? How long can you make your grass?</p> <p><b>GO FIDDLY!</b> What other items could you make from knotting grass? Could you make jewellery/a nest/different shapes?</p>				

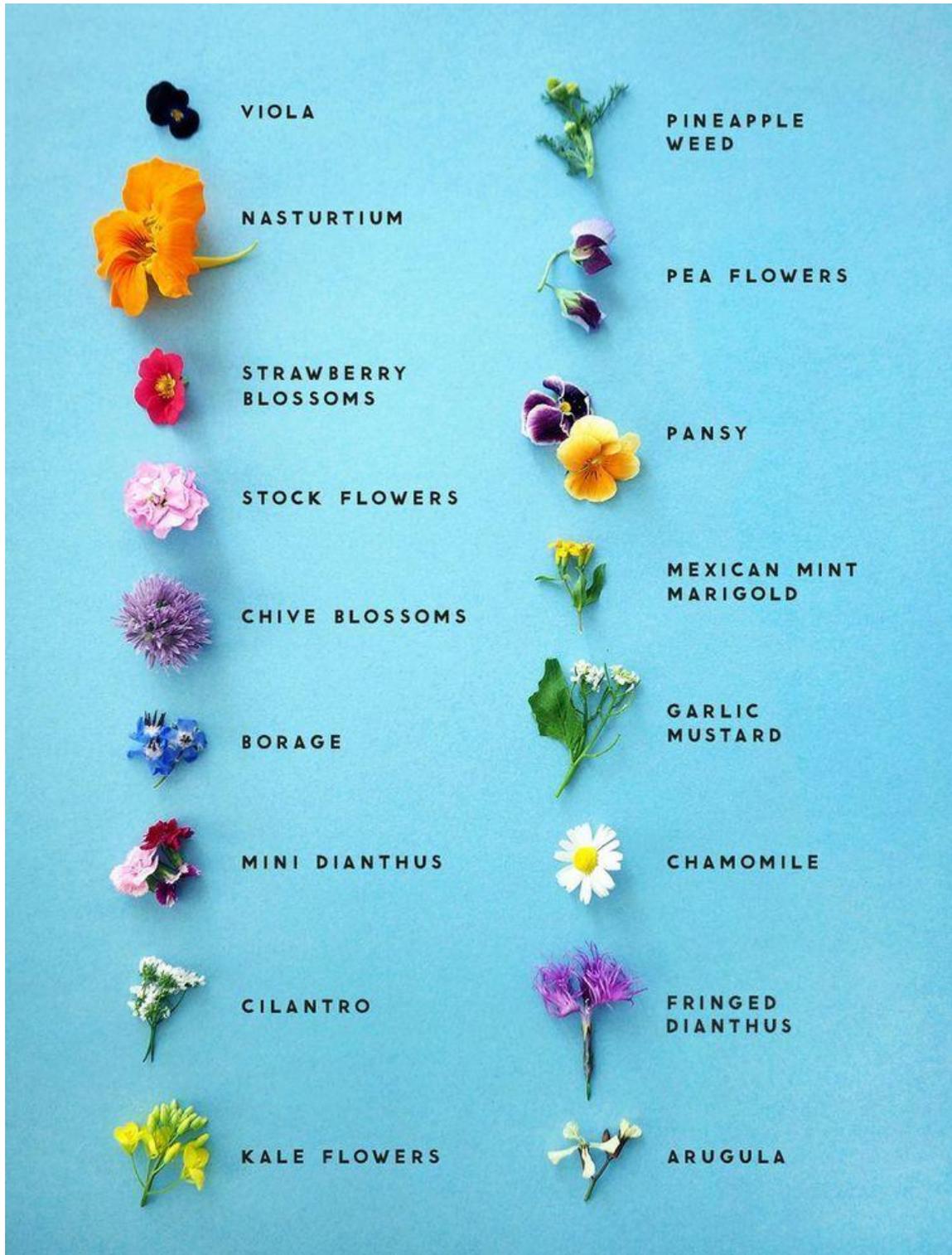
Taste/eating/mouth activities	Activities	Equipment	Potential Risks	Impact
<p>1</p> 	<p><b>Sensory Chew.</b> Have you ever stopped to think about what happens to our senses when we eat? Find a small snack- before you even pop it in your mouth; explore it with all your senses.....can you resist it?!</p>	<p>Dried or fresh fruit and or vegetables.</p>	<p>Ensure that food is adequately sized for mouths. Consider food allergies.</p>	<p>Children can fully explore how their senses work together to enjoy flavours in food.</p>
<p><b>DOUBLE UP!</b> Look at your snack carefully- what colour, shape, texture is it? <b>Feel</b> it between your fingers. As you do this- can you <b>hear</b> it making any sounds? <b>Smell</b> your snack- does that make your mouth water?! <b>Touch</b> your snack to the tip of your tongue- then hold it on your tongue before you start chewing. Try chewing slowly before you swallow it- what do you notice?</p>				
<p>2</p> 	<p><b>Edible Flowers.</b> Use spotter sheets to explore the flowers you can <b>eat!</b> Develop your observational and reading skills- are these growing near you? Why not try a taste test in your family? Could they make a nice <b>looking</b> topping on a cake or maybe in a sandwich?</p>	<p>Edible flower spotter sheet. Other ingredients (to own taste) for eating the flowers.</p>	<p>Always rinse foraged flowers before consuming. Nil by mouth during harvesting. Consider where you're foraging- have animals been there?</p>	<p>Develop awareness of flower species. Look out for familiar colours , shapes and other features to help identify flowers.</p>
<p>3</p> 	<p><b>Cloud blowers.</b> How much fun is it to blow away the 'clouds' or make wishes with dandelion clocks? Experiment to see how many blows it takes to get them all out....or how long you can make them last with gentle blows!</p>	<p>Dandelions clocks and breath!</p>	<p>Nil by mouth- blow don't suck! Consider where you're picking- have animals been there first?</p>	<p>Gentle mouth exercises- breathing and blowing- focus on controlling and regulating breath.</p>
<p><b>GO GENTLE!</b> Carefully collect dandelion clocks and put them in a jar, on top of fairy lights- this can be a magical wish jar to enjoy having in a den or by your bed! <b>GO LARGER!</b> Why not make a 'cloud blower'? Decorate a recycled paper or plastic cup with whatever design you like. Cut a small hole in the bottom of the cup. Shred tissue paper or crepe paper, stick around the inside of the cup. When you blow through the small hole, can your breath make the paper blow out?</p> 				

Smell activities	Activities	Equipment	Potential Risks	Impact
<p>1</p> 	<p><b>Lawn Diving.</b> Try lying face down on grass! You can lay your cheek on one side or take your whole face into the grass. Take a deep breath in through your nose- what is that like? Maybe there are some flowers growing in the grass too. Take the time to have a good sniff!</p>	<p>A space with grass.</p>	<p>Nil by mouth. Consider where you choose to lie down- have animals been there first?</p>	<p>Develop breathing consideration and use of smell to explore other habitats and nature areas.</p>
<p><b>DOUBLE UP!</b> Whilst you have your head down; take a <b>look</b> at the new scene around you. Maybe you can see some creatures, going about their normal day! How big would the grass look to them in their world? How big must you look to them? Imagine what it could be like for you to be part of this world! How do your <b>toes</b> feel doing this too?</p>				
<p>2</p> 	<p><b>Rain sniffing!</b> Don't go and hide inside when it rains- have fun in it! Have you ever had a really good breathe in when it first starts to rain? Lots of outside smells change when water is added- see what you notice when you experiment! If you can't wait for real rain- you could ask someone to sprinkle some water onto the ground next to you- check what that does!</p>	<p>Rain or water in a hose/ watering can</p>	<p>Consider water in eyes.</p>	<p>Develop use of smell in identifying familiar local materials.</p>
<p><b>DOUBLE UP!</b> Of course, experimenting with pouring water is <b>LOTS</b> of fun! How does water change how other things smell? What would happen if you added water to pasta worms (spaghetti), compost, snail slime (washing up liquid) and other materials?! Can you add things that already smell nice like lemons, herbs or lavender?</p>				
<p>3</p> 	<p><b>Herb bashing!</b> Do you have any herbs growing in your garden or in jars in your food cupboards? When you crush them or squash them; they release their smells more. Why not try this with a selection of different herbs or spices? How does their smell change after you've bashed/rolled or squashed them? Take a nice big sniff in and let the fragrance fill up your nostrils!</p>	<p>Rolling pin or hammer Variety of garden or cupboard herbs/spices</p>	<p>Adult supervision recommended. Consider food allergies. Beware of particles going into the nasal passage.</p>	<p>Explore regular materials from around the home or garden. Develop sensory experience.</p>
<p><b>GO FIDDLY!</b> Tickle herb seeds with <b>your finger tips</b> into compost to plant your own herb garden at home!</p>				

Sound/ listening activities	Activities	Equipment	Potential Risks	Impact
<p>1</p> 	<p><b>Sound spot and map.</b> Begin by drawing yourself on your 'sound map'. Now close your eyes and relax...concentrate on the nature sounds that you can hear around you. When you hear other sounds; think about <i>what</i> they are- draw them on your map and try and draw them <i>where</i> you think they are from you-(they might be above you, to your left, your right, etc)</p>	<p>A space (outdoors) Paper Pencil/pen</p>	<p>Nil by mouth Consider where you're sitting- what has been there before you?</p>	<p>Connect with nature where you live. Develop spacial awareness and nature awareness.</p>
<p>2</p> 	<p><b>Rain storm percussion.</b> Why not use recycled materials to make a raindrop drumkit outside? Which materials will make a good sound when the raindrops hit them? Use sticks and string to tie them up or secure them in an outdoor space.....how does it <b>sound</b> when the rain comes?!</p>	<p>Recycled containers: tin cans, plastic containers, glass jars or bottles. String Sticks Scissors</p>	<p>Adult supervision is recommended for making holes in containers. Consider any sharp edges on materials. Check for animal signs in the outdoor space that you're using.</p>	<p>Re-using single use materials for eco friendly understanding. Develop listening skills. Motor skill and spacial awareness for rigging the percussion pieces.</p>
<p><b>DOUBLE UP!</b> Have you ever danced in the rain? You can get wrapped up or you can go out in your clothes- it doesn't matter either way! Let the water go onto your face and feel it splashing onto your hands- jump and splash in the puddles!! Maybe you could carry on <b>hearing</b> the beat that your rain drums play- can you sing along and make up your own tune?!</p>				
<p>3</p> 	<p><b>Listen to the trees.</b> If you wrap your arms around a tree trunk and hold your ear to the tree; close your eyes and LISTEN! Let your body move with the tree (it will move!) Inside; the tree is living and growing; just like you. As the wind blows through the branches, see if you can hear the tree creak.....Take your time before you move onto another tree and see how it makes you feel!</p>	<p>A tree!</p>	<p>Make a visual assessment of where you are and whether animals might be using the tree. Beware of nesting birds. Check for low branches with the risk to eyes.</p>	<p>This activity can promote wellness and calm. Developing a simple appreciation for the environment around us.</p>
<p><b>DOUBLE UP!</b> If you rest yourself so that you can look up into the tree canopy, what can you <b>see</b>? As the branches spread out- <b>watch</b> how they move in the breeze.</p>				

Seeing/ observation activities	Activities	Equipment	Potential Risks	Impact
<p>1</p> 	<p><b>Ice treasures.</b> Freeze a selection of natural materials into recycled cups. How long does it take them to melt and reveal their treasure? Can we pull any pieces out before the ice has melted? Do some items freeze /melt quicker than others?</p>	<p>Ice trays or cups, selection of natural materials,  Water for freezing.</p>	<p>Encourage nil by mouth in the first instance.  Careful with ice chips in eyes.</p>	<p>Scientific links to changes of state. Develop observational skills as changes occur.  Language development in conversation.</p>
<p><b>DOUBLE UP!</b> Many children love putting ice in their mouths! Use edible plants for such exploration to allow for greater freedom of this sensory activity!</p>				
<p>2</p> 	<p><b>Creature Crawl.</b> Are there any creatures living in your house or garden or on your nature walks? Use a spotter/ID guide to identify what they are. <b>Can you copy how they move?</b> Try and study them closely, to see how their bodies change- can you do it too?</p>	<p>Creature ID sheets.</p>	<p>Consider your surroundings and others when you make your movements. <b>Make a visual risk assessment in the space you're in.</b></p>	<p>Development of observational skills. Understanding how creatures move and maybe why as well. Considering body movement and gross motor skills.</p>
<p><b>GO MESSY!</b> When animals move through different landscapes; they make their mark- can you create your own creature footprints or trails in: playdough, mud, compost, cornflour goo, sand, jam, jelly.....!?! </p>				
<p>3</p> 	<p><b>Explore a new place.</b> Why not lead the way in an exploration? Make the choices about which direction you're going to go in! You could: <b>LOOK FOR...</b> Animal tracks, shapes in trees and plants, bugs and animals, different textures....</p>	<p>A sense of adventure!  Binoculars  Bug pots</p>	<p>Adult supervision is advised. Take care with the terrain you walk on and potential risks involved with low branches and wild plants. Nil by mouth.</p>	<p>Physical sensory exploration. Decision making and assertiveness. Making choices on behalf of others and taking the lead.</p>
<p><b>DOUBLE UP!</b> Why not try walking some of your trail barefoot and see how the different terrain feels between your toes! How many different <b>SENSORY</b> experiences can you give yourself on your exploring adventure?</p>				

# Edible Flower guide



*Always do your research before foraging and eating.*

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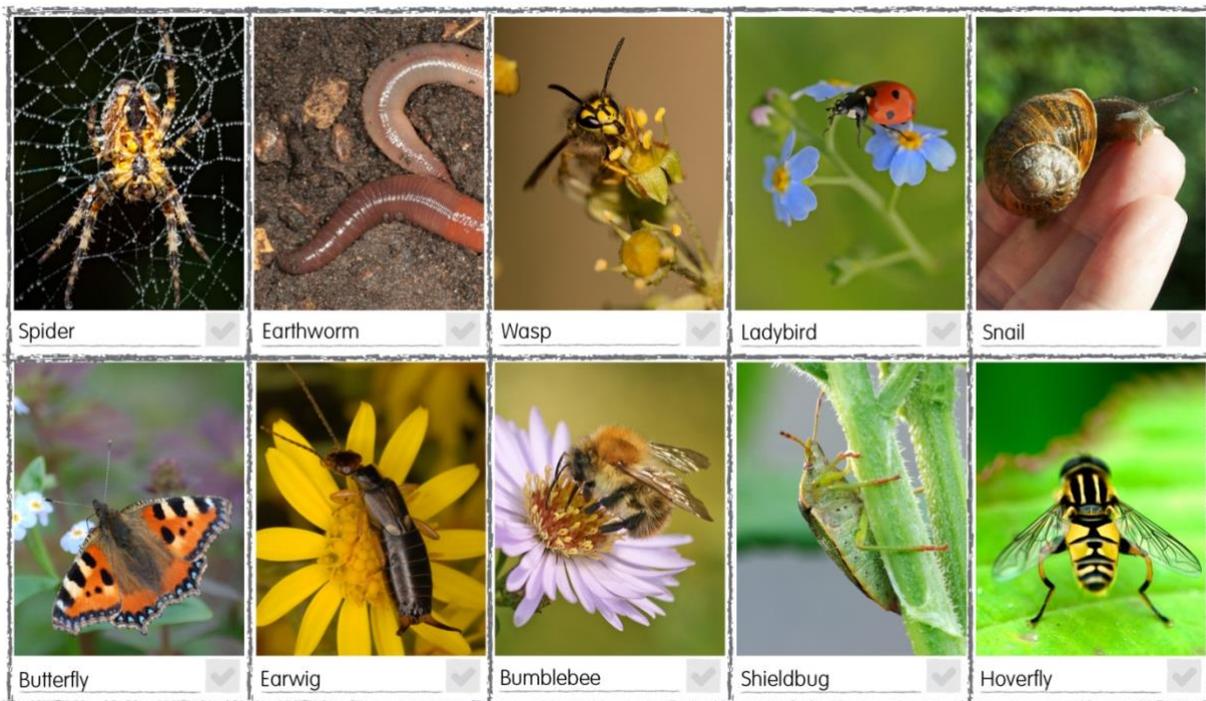
# Woodland bird spotter



[www.wildlifewatch.org.uk](http://www.wildlifewatch.org.uk)

Credits: Blue tit (c) Amy Lewis / Great spotted woodpecker (c) Elliott Neep / Trecreeper (c) Harry Hogg / Chaffinch (c) Zsuzsanna Bird / Nuthatch and Long-tailed tit (c) Jon Hawkins / Marsh tit, Great tit, Stock dove and Jay (c) Margaret Holland

# Garden minibeasts



[www.wildlifewatch.org.uk](http://www.wildlifewatch.org.uk)

Pictures: Garden spider and Hoverfly (c) Chris Maguire / Earthworm and Common earwig (c) Malcolm Storey / Common wasp (c) Paul Hobson / 7-spot ladybird (c) Jon Hawkins / Garden snail (c) Alan Price / Tortoiseshell butterfly (c) Scott Petrek / Common carder bee (c) Rachel Scopes / Green shieldbug (c) Amy Lewis

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