

Use the Sensory Search list below and see how many of your senses you can use while you walk! Tick them off as you find them.
You can also create your own sensory search using the blank template provided.

Tick



Something smooth
to touch

☐

A sound in the distance

☐

Something that smells

☐

Something that makes a
sound when you stand on it

☐

Something blue, red
or yellow

☐

Something you can make
a sound with

☐

Something cold
to touch

☐