



Skills for Life

Sensory activity 4

Blindfold game *Touching trees*

Best with small numbers

- Have the children pair up with one child wearing the blindfold.
- Use Neckers as blindfolds.
- Pick an area where there are plenty of trees but not many hazards underfoot like nettles, thorny bushes, holes etc.
- The other child leads the blindfolded child by a complicating route to one of the trees.
- Once there, the blindfolded child must feel and smell the tree until they really know it's texture and features.
- They are then led back, the blindfold is removed, and they must try to find 'their' tree by remembering size, smell, form, texture etc.
- Repeat for the other child and another tree.

You might need to set boundaries so there aren't too many trees to choose from.

