



# Skills for Life

## Sensory activity 5 Sight (Magic Mirror walk)

Don't forget you will need an old CD per Young Person in the Group...

A good introduction to woodland, encouraging observation at different layers

### Activity Description:

- Choose a path with no exposed roots or low overhanging branches but where the trees overhang the path, not hard at Glenny.
- Explain that you are going to go on a tree top walk and you will need your magic mirror to keep safe.
- Children stand in a line, about an arms length from the person in front.
- Give each child a cd and check that they can hold it just above their nose and under their eyes and look into it to see the objects above them.
- Encourage the children, whilst warning of any hazards, to walk very slowly behind each other forming a follow my leader line one hand on the shoulder of the child in front and one hand holding the CD in place.



- The children must look at their mirrors and describe what they can see.
  - Children can discover where the 'canopy' is and what it looks like – discuss if it will look like this all year round.
  - Mirrors can then be used upside down to explore the ground layer in further detail.
  - Younger children could imagine that they are a woodland animal. As they walk along, they can use their mirror to look for somewhere to live and something to eat.
  - Older children can investigate different features of woodland, estimate the percentage of canopy cover or compare vegetation on the ground in lighter/darker parts of the woods.
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- At the end of the walk, mirrors can be placed on the ground to reflect a woodland scene and a natural frame created around the mirror using objects found on the woodland floor.

