

Little Miss Yorkshire's Wellness Walk

SIGHT

- Find something white
- Find a pattern
- Find something that makes a splash
- Find a teeny tiny bug
- Find 3 different leaves



SOUND

- Can you hear any animal sounds
- Can you hear water
- Find something that makes a little sound
- Find something that makes a loud sound
- Can you make an echo



TOUCH

- Find something bumpy
- Find something slimy
- Find something spiky
- Find something smooth
- Find something soft



SMELL

- Find 3 flowers to smell
- What does the earth smell like
- What is your favourite smell
- Can you describe a horrible smell
- Can you smell any wild garlic



TASTE

- What do humans eat
- What can animals eat
- Where does fruit grow? What does it taste like
- Where do vegetables grow? What do they taste like
- What is your favourite taste

