

# Foreco's Blindfold Walk

## Essential Question:

*How can I use my senses to explore Garden Earth?*

## At a Glance:

Learners sharpen their senses as they are guided while blindfolded.

## Background Information:

People rely on sight for the majority of their daily activities. A lot of nocturnal animals rely on other senses as well as sight to survive and experience the world. Raccoons will often feel for fish in a river and moles use their ultra-sensitive noses to detect tremors in the earth and slight changes in temperature. To experience the world in other ways can be fun and exciting for learners. By temporarily removing the ability to see you can concentrate on and intensify your remaining senses.

## Getting Ready:

Pre-walk the area in which you are going to take the learners. Watch for roots or uneven areas and check for poison ivy. Secure an appropriate rope, about ½ inch wide and 15- 30 feet long, for learners to hold as they are guided on the blindfold walk. It is helpful to tie knots (about 1 foot apart) on the rope. Learners can hold onto the knots as a way to space themselves on the rope.

## Procedure:

1. Two adults will be needed to lead this activity. One will lead the group, and the other help guide the children through the sensory activities and assure safety.
2. Assemble the learners and explain that the activity they are about to do requires them to be very quiet. With active groups it practice being silent before you start walking. It might be necessary to split a large group into two smaller groups. This activity works best with no more than 12-15 learners per rope.



3. Have the learners stand in a line with about 1/2 a meter between them and the other learners. Have them hold out their left hands. Place a rope in their left hands and tell them to hold on to the rope.

4. Explain that the children will be pretending that they are moles that live in Foreco's ecosystem. Moles cannot see very well. In order to find their way through the soil, moles need to use senses other than sight. Explain that you will be at the front of the rope and that you will lead them slowly through

**Location:** Outside

**Objectives:** Learners will

- 1) use all of their senses to explore the environment.
- 2) show respect for the creatures that live on their school site or natural area.

**Skills:** communication, listening, empathy

**Supplies:**

- blindfolds, one for each student
- rope for the children to hold on to (one per 15 learners); about 18 inches per student
- carrot or nut for each student
- fragrant flower

**Subjects:** science

**Time:** 30 minutes

the forest and you will also have important instructions for them. Pass out blindfolds.

5. Practice being perfectly silent. Once there is silence start walking slowly. In an order that is appropriate for the trail, lead the children through the following sensory activities:

- Ask the children to take a deep breath. " Ah how wonderful and fresh the air is thanks to the hard working plants and trees in the air cleaning department."
- "Walking in Foreco's ecosystem makes you hungry. Luckily the workers in the food production department have been hard at work". Instruct the children to hold out their right hands to get a snack from the forest. Pass out nuts or carrots for the children to eat.
- "Listen to all the wonderful sounds of the forest." Have the children stop and hold their right hand in the air. Each time they hear a different sound have them raise one finger, until they have heard a different sound for each of their fingers. Continue walking.
- Have learners squat down and touch the soil. State "the soil provides nutrients for plants to grow and provides a place for many animals to live. Let's say 'thanks' to the hard workers in the soil and recycling department."

- Pass a fragrant flower (or scent container) around. "What smell? Ahh... the wonderful smell of the pollination department."



is that

- If available walk past running water/stream, pond etc. to hear the water purification and storage department in action.

feel or

6. When you complete your walk ask learners to take off their blindfolds. Debrief by discussing what the children heard, felt, tasted, smelled etc.

**Discussion/Assessment:**

What senses did you use on your walk?

What did you hear?

How would you describe the sound?

Did you hear anything repetitive?

Did you hear anything man-made?

What did you smell?

What did you taste?

What did you touch?