

# GUIDED HIKE

## SENSORY EXPLORATION

Use these nine invitations to explore the world around you using all of your senses.



1 Many flowers produce a scent that appeals to certain pollinators. Find a nearby flower. What does it smell like? Who might be attracted to it?



2 Take a look around you. Can you spot any homes where animals might live? Who might live there? How do you know?



3 Many animals, such as owls, rely on their hearing to find prey. Pause and listen for 15 seconds. What did you hear? Were you able to spot any animals or insects just by listening?



4 Forests are composed of many different tree species, all with unique features. Touch the bark on three different trees. How did they feel? Were they rough? Why do you think they felt that way?



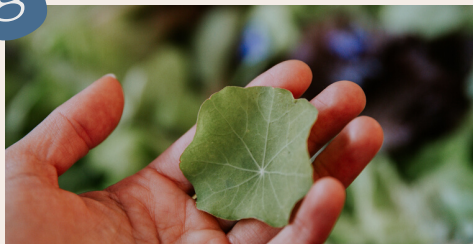
5 Some plants rely on the wind to spread their seeds. Pause and feel the wind for 15 seconds. Which way was it blowing? If you were a seed, how far could you have travelled?



6 Spring is a very active time for birds—many are busy preparing nests for new offspring. Pause and look up for 15 seconds. Did you see any birds flying? Where do you think they were going?



7 Did you know that two mature trees can provide enough oxygen for a family of four? Go outside and take 3 deep breaths. What did you notice? How might the air quality differ from an urban setting to rural setting?



8 When trees and plants don't get enough sunlight their leaves begin to change colour and feel dry. Feel a leaf attached to a tree and a leaf on the ground. Do they feel different? Why might that be?



9 Tree roots act like straws, absorbing water and minerals from the soil. Can you spot any large tree roots? If you follow them, can you find the tree to which they are connected?