

Sense Walk



PHE Curricular Competencies: Health and Active Living, Mental Well-being

Audience(s): K-3

Hyperlink: [Sense Walk Activity](#)

Description

This worksheet provides suggestions for ways to engage students to use their five senses (scent, sound, sight, touch and taste) while going on a walk. It is a way to embed movement into the day either at home while learning from a distance or at school. Cross-curricular connections can be made with science and art.

Objective(s)

This activity is a great way to get kids moving while encouraging them to make observations about the world around them. In addition to the benefits from physical activity, connecting with nature can have positive mental health advantages as well.

Curricular Connections

This resource relates to the following curricular competencies:

- Kindergarten—Grade 3: Participate daily in physical activity at moderate to vigorous intensity levels (PHE)
- Kindergarten—Grade 3: Make exploratory observations using their senses/ Experience and interpret the local environment (Science)

Are there other resources that you love for cultivating the health of students and staff in your school community? Send your suggestions to dashbcresources@gmail.com