

EduTrend Contents

G4C · MINDFULNESS AND RELAXATION GAMES · MIDDLE SCHOOL

Five Senses Walk

A slow outdoor walk noticing five things you see, four you hear, three you feel, two you smell and one you taste or wonder

Ages 12–14	Level: Intermediate	45 minutes	Individuals and pairs · up to 30	Activity 04

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 student worksheets · assessment checklist

ACTIVITY 04 · AT A GLANCE

Five Senses Walk

Students take a slow, quiet walk around the school grounds or a park, noticing five things they can see, four they can hear, three they can feel, two they can smell and one thing they wonder about. They record observations in a senses journal, then compare with a partner and notice how two people can pick up different details in the same place.

Learning outcomes

By the end of the session students can:

- pay attention with each sense;
- slow down and notice details;
- record observations;
- compare different perspectives.

KEY WORDS

senses · notice · slow · detail · journal · perspective

CURRICULUM LINKS

PSHE: wellbeing. English: descriptive writing. Science: senses.

1	2	3	4	5	6
SETTLE	**EXPLAIN**	**PLAY**	**NOTICE**	**TALK**	**CLOSE**
Calm start	One game, clear rules	Invented characters	Clues and feelings	Different views are fine	Calm and positive

Materials (per student)

- Senses journal sheets
- Clipboards and pencils
- Worksheets 1, 2 and 3

Before the session

- Walk the route first.
- Agree boundaries.
- Prepare journals.
- Plan a quiet signal.

SAFETY

Stay within boundaries. Do not taste anything outdoors; use “wonder” instead of taste.

ACTIVITY 04 · SESSION PLAN

Step by step

Keep the walk slow and quiet; talking comes afterwards.

Time	What happens	Say or ask
0–5 min Settle	Explain the 5-4-3-2-1 senses pattern.	*"Which sense do you use least?"*
5–25 min Walk	Slow, quiet senses walk.	*"What details do you notice?"*
25–38 min Journal	Record and compare.	*"Did your partner notice different things?"*
38–45 min Close	Share one surprise.	*"How do you feel after the walk?"*

CHALLENGE CARD (print or copy onto the board)

Notice at least one detail with each sense that you have never noticed in this place before.

ACTIVITY 04 · FACILITATOR NOTES

The calm game know-how in brief

Deliberately noticing through each sense in turn is a structured way to practise attention.

Comparing observations shows that attention is selective: two people in the same place notice different details.

Common ideas to listen for

- “Mindfulness is only sitting still.” Walking can be mindful.
- “There is nothing new to notice here.” There always is.
- “Everyone notices the same things.” Attention differs.

Adapting the activity

Support

Focus on sight and sound only.

Stretch

Write a short descriptive paragraph from the journal.

WORKSHEET 1

Senses journal

Name: _____ Class: _____ Date: _____

5-4-3-2-1.

Senses journal

Sense	What I noticed
See (5)	
Hear (4)	
Feel (3)	
Smell (2)	
Wonder (1)	

WORKSHEET 2

Compare

With a partner.

Compare

Sense	Me	Partner

WORKSHEET 3

Descriptive writing

Use your journal.

A paragraph describing the place with all five senses...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight students; copy as needed.

Student	Notices details	Records clearly	Compares perspectives

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Five Senses Walk is a sample activity from the EduTrend Contents G4C Mindfulness and Relaxation Games programme (middle school, level: intermediate). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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