

## Blindfolded tree hunt

Blindfold a member of the group. Lead them to a tree and allow them to touch, hug and smell the tree. Now lead them back to the start and turn them round 5 times. Remove their blindfold and ask them if they can now find the tree that they touched.



# Use your senses

## Five minutes silence

Just stop and listen. Sit, stand or even lie down.

After 5 minutes can you list:

a sound you heard  
an emotion you felt  
a sensation you felt  
a thought you had  
a wish

Try this in different places  
and see how it changes.



## Smelly

How many different smells can you find in the Wyre Forest on your visit? Practise at home first.

For added fun you could list the smell and rate it out of 5 (Yukky scoring 1 and yummy scoring 5)



## Nature's recipe

### Watermint and Nettle Tea

Take a sprig of Watermint or Nettles (carefully!) and put it in a mug.

Pour hot water over it and allow it to infuse for 5 minutes.

Add honey to sweeten your drink if you want to.



## Perfume

Make perfume by taking a pot of water with you as you walk around the woods. Collect different things to put in the water like petals and leaves. Use a stick to stir up your perfume. Keep checking to see how it is smelling.

Before you leave, find somewhere to pour out your perfume for the animals to find.



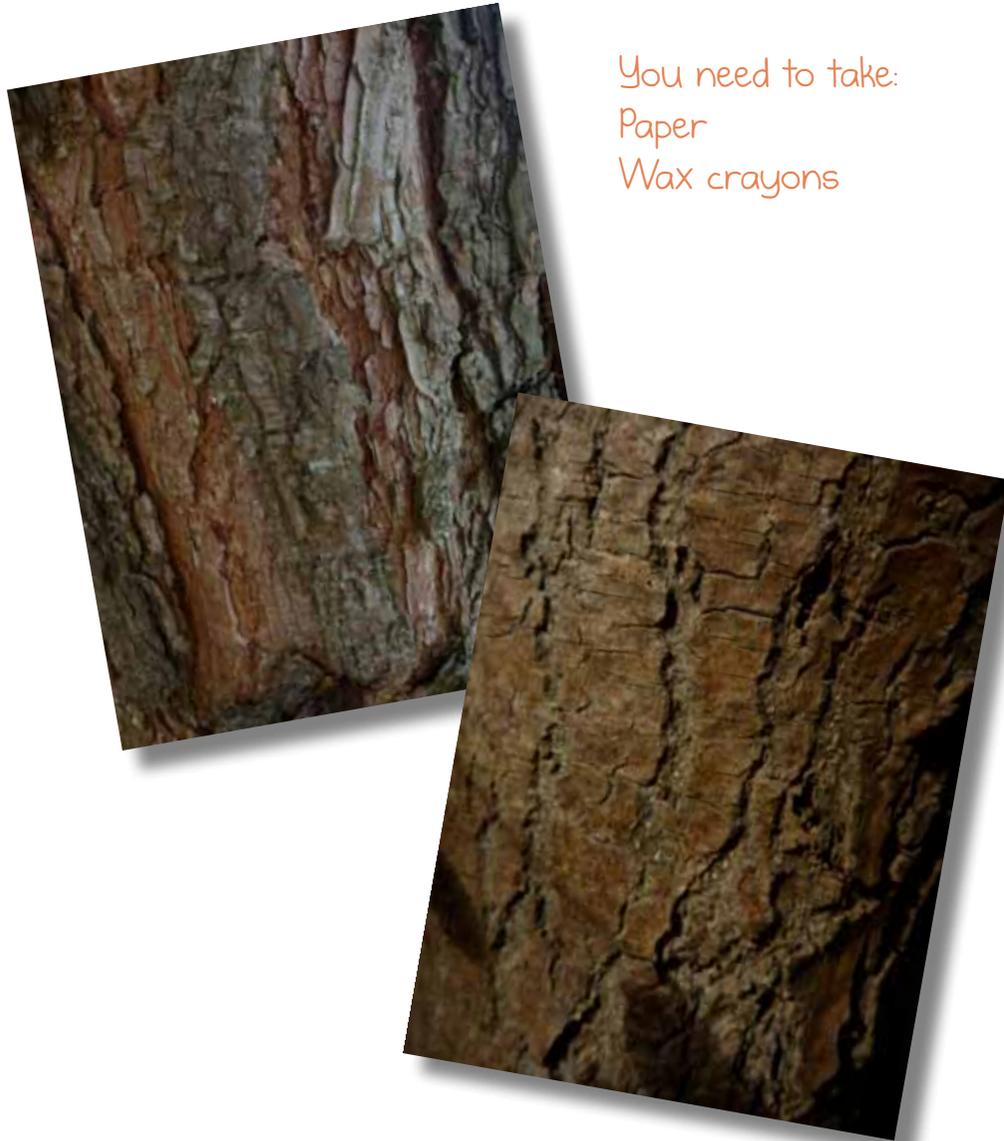
## Bark textures

Collect rubbings from the bark on different trees and see if you can match them to the tree species using our downloadable tree guides.

You need to take:

Paper

Wax crayons



## Sight and sound

Did you know?

Sharpest eyesight

Birds of Prey: The eyesight of birds such as eagles, hawks and buzzards is 3-4 times sharper than ours. Eagles can spot rabbits from several miles away while hawks and buzzards often scan the earth from a height of 10-15,000 feet looking for tasty rodents! And when they spot one, these birds can dive at over 100mph and still keep their target in complete focus.



Sharpest hearing

The Owl: These birds have phenomenal hearing. Their large ear holes are at slightly different heights, above and below eye level, helping them pinpoint the vertical positions of sound sources. But what is truly astonishing is their reaction time. In complete darkness, it takes tawny owls less than 0.01 of a second to assess the precise direction of a scurrying mouse, for example.



Test your own sense of sight by getting a friend to write a secret word in large bold letters on a piece of paper and then, starting about 100 paces away, gradually walk towards you holding up the word. You can do the same test for your hearing only rather than writing the word down get them to repeat it over and over as they walk towards you. Mark the spot where you first hear/see it and then swap over. Who has the best vision/hearing?

