

Active travel sensory treasure hunts



Stage: **0-2**



Time: **30-60 minutes**

Introduction: When travelling in a car, we often miss the opportunity to connect with our surroundings. To encourage active travel, we invite pupils to go on sensory treasure hunt walks on their way to/from school/nursery or during class time.

Curricular links

EXA 0-2-2a, 1-2-03a, 0-2-04a, 0-2-05a, **HWB** 0-2-01a, 0-2-02a, 0-2-13a, 0-2-25a, **MNU** 0-2-20a, 1-2-20b, 1-2-21a, **SCN** 0-2-12b, **SOC** 1-2-07a

Learning for Sustainability links

Target 2030 4Cs – Community, Campus

SDGs – Goal 3 (Good Health and Well-Being), Goal 11 (Sustainable Cities and Communities)

UNCRCs – Article 13 (Freedom of Expression), Article 24 (Health, Water, Food and Environment), Article 29 (Aims of Education)

Meta skills – Communicating, Feeling, Curiosity



Activity: Sensory treasure hunt walks

Invite pupils to walk, scoot or cycle to / from school / nursery. For pupils who live a significant distance from school, you could identify park and stride locations that they could walk from. For pupils who travel by bus, this activity could be done whilst walking to the bus stop. Alternatively, go for a walk during class time.

Invite pupils to look around as they travel. Encourage them to look up, down and all around and to use all their senses as they travel. They can try standing still and closing their eyes to enhance hearing, touch and smell.

Create a treasure hunt list that pupils can try to spot on their journey. You will find some suggestions for what to include below.

Ideas for treasure hunt items

- Something that is your favourite colour
- Something that smells interesting
- Something that sounds interesting (close your eyes to hear it even better)
- Something with an interesting texture to touch
- Something alive
- Something beautiful
- Something that makes you smile
- Something you had not noticed before

Follow up

Do a hands up survey of who was able to do a treasure hunt and turn this into a tally chart.

Invite pupils to share their experiences, including what they noticed that they had not before and what emotions they felt.

Invite pupils to draw a picture of an interesting / beautiful thing that they noticed.

Share pupil's experiences and pictures to encourage others in school / nursery to take part.

Encourage pupils to repeat their walking / scooting / cycling to see what new things they can discover and how what they notice changes with the seasons. Repeat the hands up survey and turn the results into a graph, with the date on the x-axis and number of people taking part on the y-axis.