

# Solo Sensory Hike



## Lesson Overview

In this lesson you will create and participate in a hike, or walk around your neighborhood to better connect to that place

### Big Idea:

We can use a solo hike to help relax during these times and to notice and be mindful of the natural world that is around us.

### Guiding questions:

1. What is a solo hike?
2. What parts of the natural world did you notice around your neighborhood?
3. How does this practice help us relax?

Follow the instructions on the following pages to set up your hike, and take the Solo Hike Guide featured on the last page (Page 3) on your walk with you.

## Notes for Parents/Teachers

- This is supposed to be a solo activity, but please feel free to follow and do the activity with them. If you want to take them to a different location and try this, please feel free! If this is for a younger audience, maybe preview the steps and pick out the ones you think are most appropriate.

### Age Group:

- All ages

### Total Time Needed:

- 30 minutes to 1 hour

### Materials Needed

- Yourself, the list of observations that are attached, a natural area (Your neighborhood, a park, a natural area around you that you can safely walk around), a notebook and a writing utensil (pens, markers, color pencils, chalk if you have it!), and a camera

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# Solo Sensory Hike

## Step 1:

- What is a solo hike? It is a way to relax and immerse oneself in nature. It is a great way to forget about your day thus far and focus on your surroundings. This is a great way to see the natural world around you in action. All you have to do is follow the list of steps I have provided and immerse yourself into our natural world. Remember to leave your cell phone at home.

## Step 2:

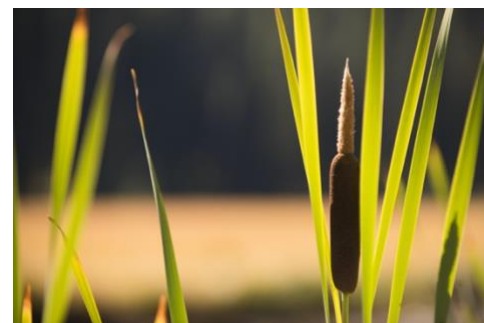
- Start your solo hike by deciding exactly where you want to explore (street, neighborhood, park, natural area that is near you). This is a solo activity so no talking to the best of your ability. Observe the natural world around you and be immersed in it. Follow each step/direction that is listed on the sheet provided. Start your hike and have fun!

## Step 3:

- Once you have returned from your hike find a place to sit outside. This can be in your yard, driveway, porch, front steps, wherever. Grab your notebook and writing utensil (you can also do this in chalk if you have some!). Write or draw five things that were your favorite part about the hike. This can be things that you noticed/observed, think of your 5 senses (sight, smell, sound, touch, not taste!). Reference the sheet of steps if you need a reminder (e.g. what sounds did you hear? How many shades of green? Did you see any signs of animals? Ect.). If you drew somethings, please take a picture so you will be able to share it later.

## Step 4:

- Think of how you felt during the activity. Did you feel more relaxed? Did you notice things in your area that you have not noticed before? Would you consider doing this again?



## Think about....

- Remember PPE (personal protective equipment)!
  - Gloves
  - Mask
- Do not touch your face while you are out.
- When you get back home remember to wash your hands for 30 seconds. Sing happy birthday twice!
- Remember the 6ft rule! Keep distance and stay 6ft from people during your hike/walk.

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## Solo Hike Guide

- Welcome to your solo hike! Throughout the rest of your hike/walk make sure to use your 5 senses (sight, sound, smell, touch, not taste!) to learn about this place. You can journal (write or draw) as you go if that helps.
- Take your time, do not rush, and have fun!
  
- Listen only to sounds made by non-human life
- Listen only to sounds made by humans or human made object
- Listen to every sound you hear
- Look up! What do you see?
- Take a BIG deep breath. Exhale and close your eyes for a moment. Do you hear any bird calls? What type of birds do you think they are?
- Turn in a circle. How many shades of green can you see?
- Do you notice anywhere that could be somethings home? (non-human)
- Stop and enjoy the view
- Imagine yourself as an ant. How might this place look different?
- If you were a squirrel in this environment, where would you live?
- If it rained really hard, where would the water flow to? What would happen to the plants?
- Identify 5 different things that are affected by water in this area
- Do you see any signs of animals? Do you hear any signs?
- How many different types of trees do you see?
- Can you see signs of spring in the forest?
- Take a moment to think of a funny plant joke to share with your parent/teacher/sibling/grandparent/neighbor/friend
  
- Do a little dance to celebrate the things you've learned from your hike/walk!
  
  
- Congrats! You have made it to the end of your solo hike. Now find a place outside in your yard, driveway, wherever. Grab your notebook and writing utensil (you can also do this in chalk if you have some!). Write or draw five things that were your favorite part about the hike. This can be things that you noticed/observed, think of your 5 senses (sight, smell, sound, touch, not taste!).



## Think about....

- Remember PPE!!
  
- Some questions/observations/and application for high school students:
  - Did you notice any ecological relationships?
  - What evidence do you have proving these relationships?
  - Draw an ecosystem that you noticed on your hike/walk
  - Draw a food web that you think exists within the natural area around you

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