



The  
**Wildlife**  
Trusts



EMPOWERING  
**BLIND**  
CHILDREN  
YOUNG ADULTS



# Sensory bingo!



We've worked alongside VICTA, a charity supporting children and young adults

## Engage all of your senses when exploring nature

We are all sensory beings and although we may feel sight is our dominant sense, by taking part in VICTA's sensory bingo scavenger hunt, you can put all your senses into action and really appreciate the whole of the natural world around you.

Sounds, textures and scents all play a huge part in the wonders of nature. While you explore and complete your bingo, take the time to really think about all of the different senses each item you find ignites.

What are your favourite textures, sights, sounds and smells?

How do you feel while exploring outdoors?

Could you identify items in nature if you had limited or no vision?



If you or your child has a vision impairment find out how you can access and get involved with the sensory bingo activity with VICTA by scanning the QR code.



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It's time to explore using all of your senses.  
Can you be the first to get a row or a full house?

<p>Find three different leaf shapes</p> 	 <p>Listen for buzzing</p>	<p>Feel the strands of a feather</p>	<p>Smell a flower</p> 
<p>Feel moss – does it feel spongy?</p>	<p>Find an item that's been nibbled by a mini beast</p>	<p>Find five smooth pebbles, each larger than the one before</p>	<p>Listen to the pitter patter of summer rain</p>
<p>Touch the dew on the morning grass</p> 	<p>Do a bark rubbing</p> 	<p>Listen for a mysterious sound – what is it?</p>	<p>Smell growing herbs</p>
<p>Arrange twigs to write your name</p>	<p>Find something natural you can roll</p>	<p>Hear ducks quacking</p> 	<p>Find something that crunches</p>