




Sensory Outside Scavenger Hunt



You and your family can go on this hunt in the rain or in the sunshine. There's only one item that is just for a rainy day. At the end of the Hunt, check with each other to see if everyone found that item.

Directions

1. Each person gets a copy of the list and a pencil
2. All check off each item on their list when they find it. If they want to, they can write down or draw what the item is
3. After most of the people on the hunt have found all or almost all the items on the list, they share their discoveries. *Usually, some people in your family will finish searching quickly. Others will take a longer time. **Not getting upset and saying something unkind to a family member who is faster or slower than you takes self-control.***  *You may have to take a deep breath and/or put your hand over your mouth so that you don't tell a family member, "Hurry-up" or "Don't go so fast."*
4. How many of the people on your scavenger figured out the one rain-only item?

See

- ___ Something teeny
- ___ Something holey (item with holes in it)
- ___ Something crooked
- ___ Something colorful

Hear

- ___ a bird
- ___ an insect
- ___ something far away
- ___ something that repeats (makes same sound again and again)

Taste

- ___ a raindrop on your tongue
- ___ a snack you brought with you

Smell

- ___ something delightful (You like its smell.)
- ___ something stinky
- ___ something that reminds you of food
- ___ something sweet



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Touch

- ___ something wet
- ___ something slippery
- ___ something moving
- ___ something rough

Hint: If you do not have a printer, copy down the list above and share this one list when you do the hunt outside.

More Scavenger Hunt Ideas

- Make A Sensory List for An Original Scavenger Hunt for Inside your house or apartment with your family or by yourself if your parents are too busy working.
- Another idea is to make a Photo Scavenger Hunt like the Dad and his children did in this video (Use full screen.) <https://www.youtube.com/watch?v=RB2YNX76jcw>