



Sensory Walk

Fall is a season for the senses! Smells, colors, tastes, sounds, and more! Create a sensory walk all about “touch” for your child to walk on! Collect any of the following items that are accessible to you:

- Bubble wrap
- Rice
- Rocks
- Sand or dirt
- Water

Place or pour each of these items on sturdy paper plates or cookie sheets that are lined up indoors or outdoors. Have your child take their shoes off and take a sensory walk (make sure that the water is the last item, which will feel soothing and clean your child’s feet off!)



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