



Sensory Trail

Session Guidelines



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In this fun and exciting challenge, participants work together to complete the trail and the specific games designed to help them understand the importance of each of the 5 senses, gaining empathy for people who operate without one.

Sensory Games

Time: 20-30 minutes

Objectives

The aim of the sensory games is to explore some of the senses and experiment with them. Different games will focus on/remove different senses. Participants will need to work together to complete the activity.

Safety rules

- Make sure games are played on level ground
- Participants are encouraged to communicate with each other
- Blindfolded participants must walk slowly with both hands out in front of them

Bat and moth (loss of sight, use hearing)

The group make a large circle with their arms stretched out, with two people in the middle - one is the bat and the other the moth. The bat is blindfolded and has to catch the moth. The moth takes one step and shouts "Moth!". The bat then takes one step and shouts "Bat!".

The bat tries to get closer to the moth with each step while the moth tries to escape with each step. This continues until the bat catches the moth. The rest of the group keep the bat and moth safe by containing them in a circle. Participants can take turns to become the bat and moth.

Robots (loss of sight and speech)

Each participant is given one of the following roles, with a team of three then being formed from one of each role:

- a. The Robot (who is blindfolded and follows directions from The Mouth)
- b. The Eyes (can see the activity area but cannot speak, gestures directions to The Mouth)
- c. The Mouth (can see The Eyes but not the activity area, translates gestures from The Eyes to give verbal directions to The Robot)

Place two cones of the same colour for each team. The Eyes stand a short distance away from the activity area, so they can see the cones for their team. The Mouth stands in front The Eyes, facing away from the cones and activity area. The Robot is blindfolded and stands within earshot of The Mouth, a short distance away from the activity area. When the activity begins, The Mouth and Eyes have to work together, combining the senses they're allowed to use, in order to direct The Robot to collect the coloured cones for their team. The Eyes use their hands and body to gesture directions to The Mouth, who relays these verbally to The Robot, who moves accordingly. The team that wins is the one that collects their cones the quickest.

- Roles are then swapped around until everyone has been the robot, the mouth and the eyes
- The instructor should ask the group how they felt during each role, what was difficult and what was frustrating
- For variation, an odd number of cones is scattered with any team being able to collect any colour. The team that collects the most cones wins

Hit the Line (loss of sight)

The aim of this game is for the participants to move in a straight line whilst blindfolded and understand different people's perception of distance and direction.

Place everyone in a line side by side about an arm's width apart. Each team member receives a number. Somewhere in the area in front of the line, place two cones as markers to make a line. Let participants see where the line is for about 30 seconds. The group must then put their blindfolds on.

The instructor will then shout a number out that corresponds to the numbers given to each participant. The team member given that number will then walk until they think they have reached the line, then stop. The participant can then remove their blindfold to see how they have done and watch how the rest of the group get on.

The game should be managed carefully to avoid collisions.



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Time: 30-40 minutes

Objectives

Participants should put their blindfolds on a small distance away from the beginning of the course. They should then be given the rope from the kit. All participants will hold the rope and walk forwards following the instructions to reach the start of the course. Once at the beginning of the course, the rope is taken away and participants hold the rope that is attached to the course. Staying together as a group, they will work their way around the trail and through all the obstacles.

Safety rules

- Participants should be told to walk slowly and have a hand out in front of them
- Participants must always have one hand on the guide rope
- The importance of communication should be emphasised and the leader of the group should pass on information about the terrain down the line
- The teacher/supervisor must be vigilant of upcoming obstacles and make the group aware, stop the group if necessary
- The whole group must be in sight at all times
- Obstacles should be checked prior to using the course