

# WALK

## SOLIHULL



## Sensory Explorations

For All Seasons, All Senses, All People

### Frog Lane Country Trail, CV7 7FP.

This trail is a wonderful space for us all to get in touch with nature. All routes are rated leisurely/moderate with terrain that is mostly grass paths with some inclines.

**Short Route:** 15 - 20 minutes (Markers: 1-6)

**Long Route:** 25 - 30 minutes (Markers: 1-9)

\*Walking and Wellington boots recommended



Travel by bus: [www.nxbus.co.uk/west-midlands](http://www.nxbus.co.uk/west-midlands)

Find and download the route online:

<https://solihullonthemove.co.uk/get-moving/walking-in-solihull/>

For a print version or further information please contact Solihull Active on 0121 704 8207 or e-mail [solihullactive@solihull.gov.uk](mailto:solihullactive@solihull.gov.uk)

**1****Start Here:**

Start from the entrance gate located on Frog Lane

**2****Follow the map to marker 2, then stop**

Look for a post with an animal on, what is it? Note down the letter. While you're here, listen what else can you hear?

**3****Continue walking the trail**

As you're following the trail to marker 4 on the map...what can you see? List a few things.

**4****Stop**

Look for a post with an animal on, what is it? Note down the letter. While you're here, what smells can you pick up?

**5****Selfie time!**

Look for a post, what animal have you found? Note down the letter. While you're here, why not take a selfie. If you don't have a camera have a go at drawing what you can see?

**6****Stop (Short Route finishes here, return to start)**

Look for a post, what animal is on there? You should now have all the letters, what does it spell?

**7****For the longer route continue the trail**

Stop at marker 7 on the map. What can you smell and how many different bugs/wildflowers can you spot?

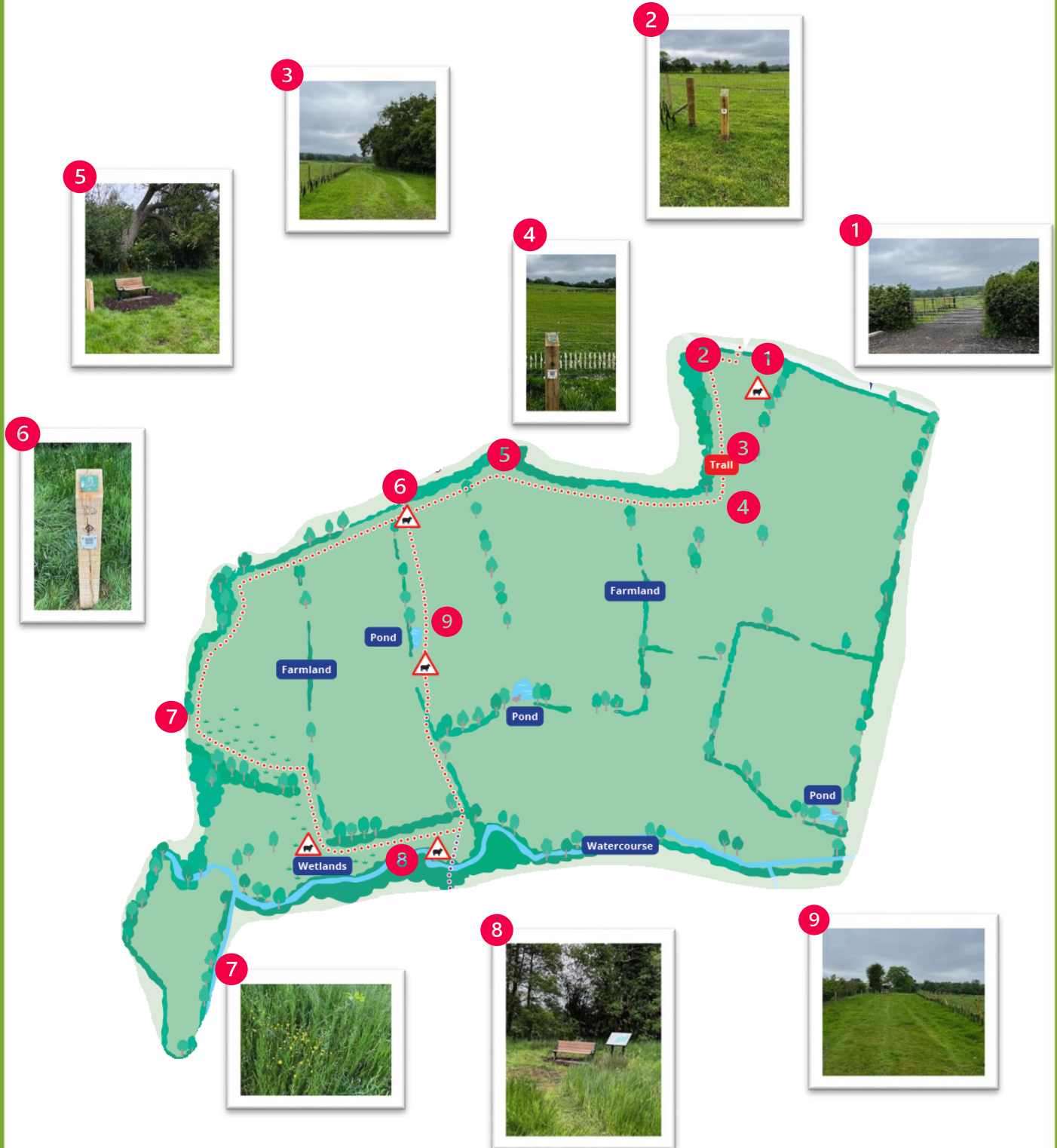
**8****Rest**

This is a perfect spot for a rest. Take a moment to see if you can hear anything or do a bit of cloud spotting.

**9****Final marker on the map, return to the start**



Start to walk back to marker 1, while you're walking what do you see, hear, and smell as you make your way back to the start.

Follow the instructions and see if you can find all the numbered sensory points. Share your experience with us: Post your walking photos on Facebook and tag in @SolihullActive1, or on Instagram or X and tag in @SolihullActive.



# Sensory Walk - Activity Ideas

**Sensory Bingo - Try and tick off as many as you can whilst you walk.**

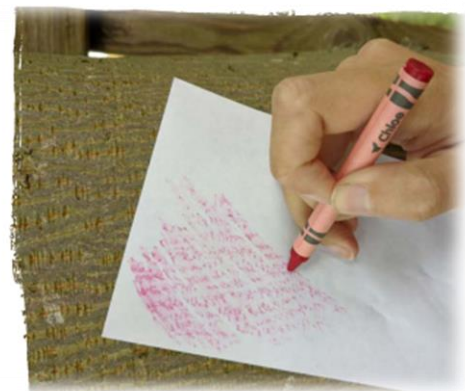
I can See 	I can Hear 
Tall Grass	Leaves rustling in the wind
Rolling Hills or meadows	Birds singing & chirping
Leaves in the air	Running water
Blooming Flowers	Crunchy leaves underfoot
Wild Insects	Tractors or trains going by

I can Smell 	I can Feel 
Freshly cut grass	Blades of grass and leaves
Bonfires in the distance	Tree bark
Wildflowers	Flower petals
Woody trees	Snapping twigs

The following activity ideas are from Sense, you can download the full resource pack at [www.sense.org.uk/our-services/arts-sports-activities-for-disabled-people/sensory-walks](http://www.sense.org.uk/our-services/arts-sports-activities-for-disabled-people/sensory-walks)

## Bark rubbings

- Take a mixture of crayons, pastels, pencils or pens and some small sheets of paper.
- Put the paper onto the bark of the tree and colour over the top with the crayons, pastels, pencils or pens. You could try this on leaves or any other surface too.
- When someone has finished, you could support them to bind them together, or make a collage of their rubbings.



## Journey stick

- You will need a stick and some string/tape for this activity.
- As they go along on their walk people can gather any items that have interested them.
- Wrap the string around an individual item and the stick to hold them together.
- By the end of the walk individuals will have a range of items to remind them of the walk.
- As the stick is moved around it

