

WALK

SOLIHULL



Sensory Explorations

For All Seasons, All Senses, All People
Babbs Mill Nature Reserve, 344 Fordbridge Rd, B37 6LU.

An easy to moderate 1km route around Babbs Mill Nature reserve and lake, taking in the sights and sounds of the beautiful wildflowers, wildlife, nature, and lake.

Travel by bus: www.nxbus.co.uk/west-midlands

Travel by bike: www.solihull.gov.uk/sports-and-fitness/wheretocycle

Car Parking: Free parking available off Fordbridge road.

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

1 Start Here:

Starting from the free car park at Babbs Mill Lake East, take the footpath with the lake on your left-hand side.



2 Follow the map to marker 2 then stop.

What Textures can you feel and what sounds can you hear? Continue to walk to marker 3



3 Continue walking the trail to marker 3

There are lots of open spaces to explore with different trees and wildflowers to discover. What can you find?



4 Continue walking to marker 4. Selfie time!

Notice the change in smells as you continue along the path. Sum up what you can smell in a selfie.



5 When you reach marker 5 then stop.

What trees and wildflowers can you name, have a feel of their textures.



6 Keep following the trail round to marker 6

What can you hear happening around you?



7 Walk to marker 7...Stop, Listen & Look!

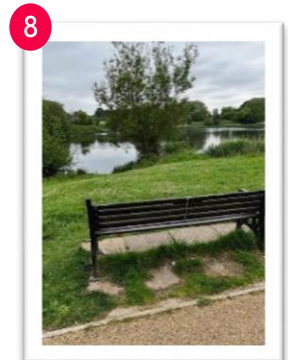
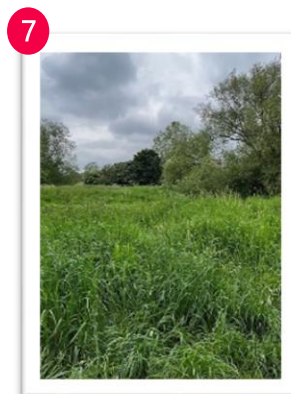
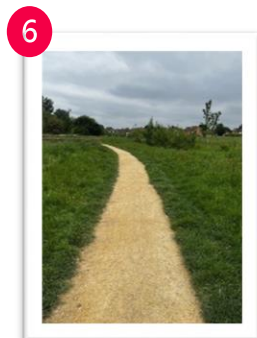
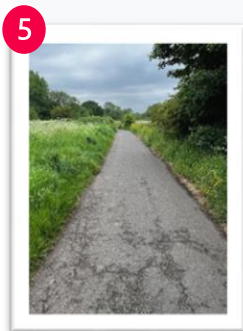
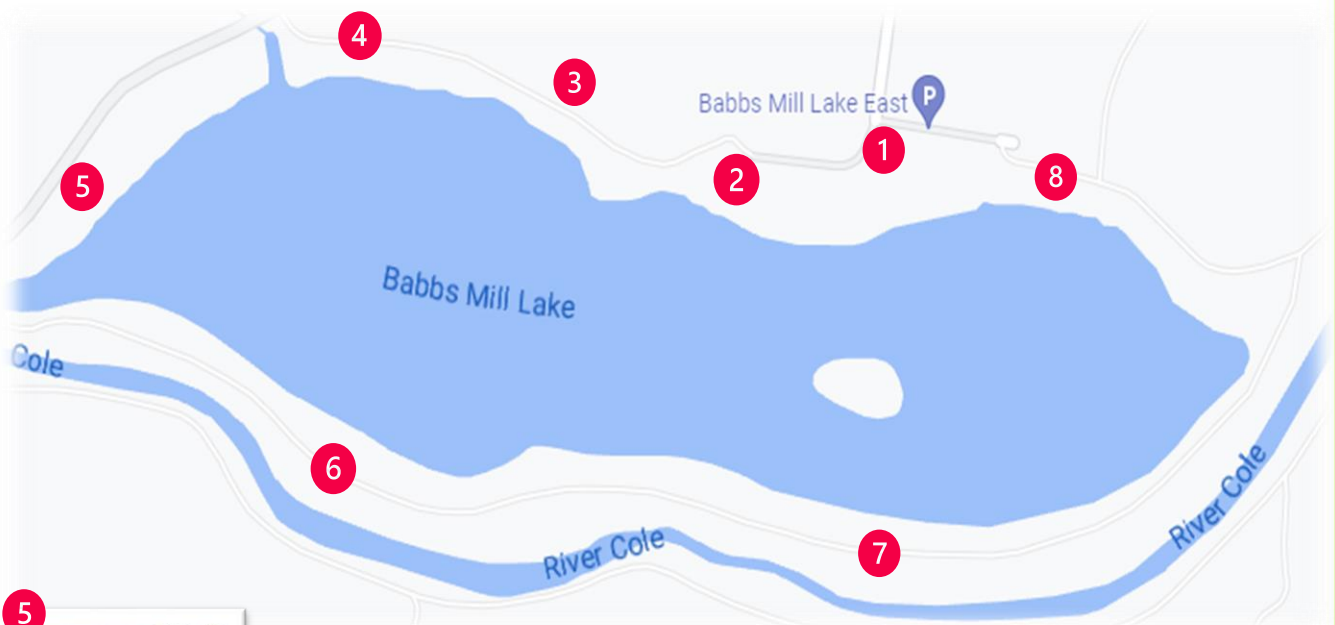
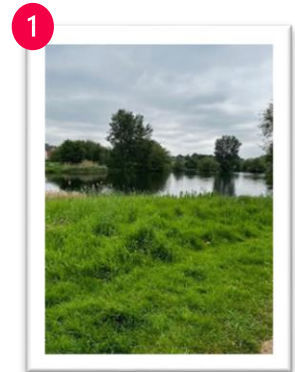
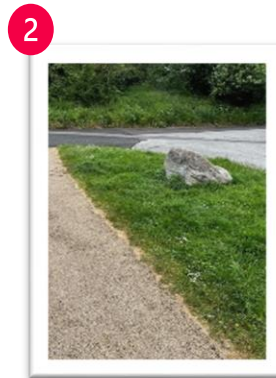
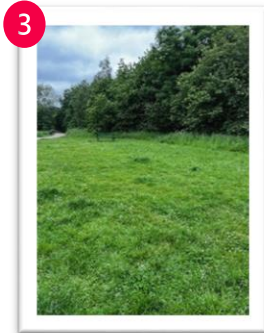
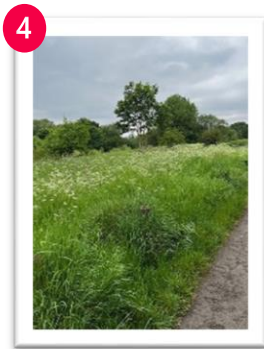
Listen for bees and see various species of colorful butterflies.



8 Stop (trail finishes here)


Pause to look out from the viewing area, here you will see various species of waterfowl.

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.

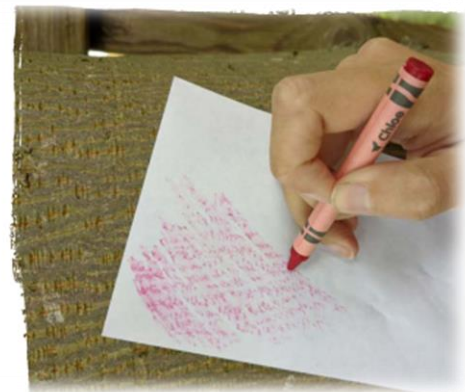
I can See 	I can Hear 
Tall Grass	Leaves rustling in the wind
Rolling Hills or meadows	Birds singing & chirping
Leaves in the air	Running water
Blooming Flowers	Crunchy leaves underfoot
Wild Insects	Tractors or trains going by

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

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

