



WALK

SOLIHULL

Sensory Explorations

For All Seasons, All Senses, All People

Lavender Hall Park Lavender Hall Lane, CV7 7BN

A gentle 1 km route around Lavender Hall Park, taking in the sights and sounds of the beautiful Pond, wildflowers and trees.

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.

Find and download the route online:

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

1 Start Here:

Start from the tree stump at the Green Lane entrance.

2 Stop!



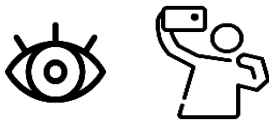
What can you hear and see around you? Perhaps time for a bit of a scavenger hunt or sensory bingo

3 Stop!



How many different trees can you see and name, what textures can you feel?

4 Selfie Challenge



What wildlife can you spot? Try and capture the moment with a selfie

5 Directions

As you leave the board walk area you will see an opening onto a pathed area, follow this path for 100m, the path will veer to the right, continue onto the pond.

6 Stop!



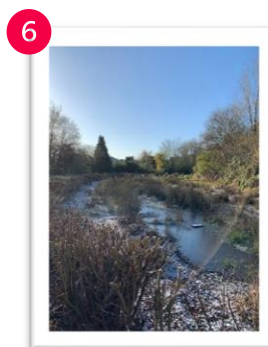
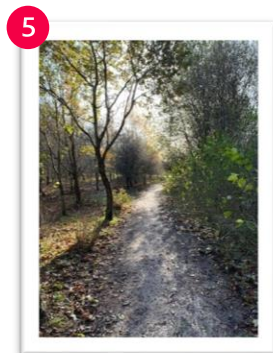
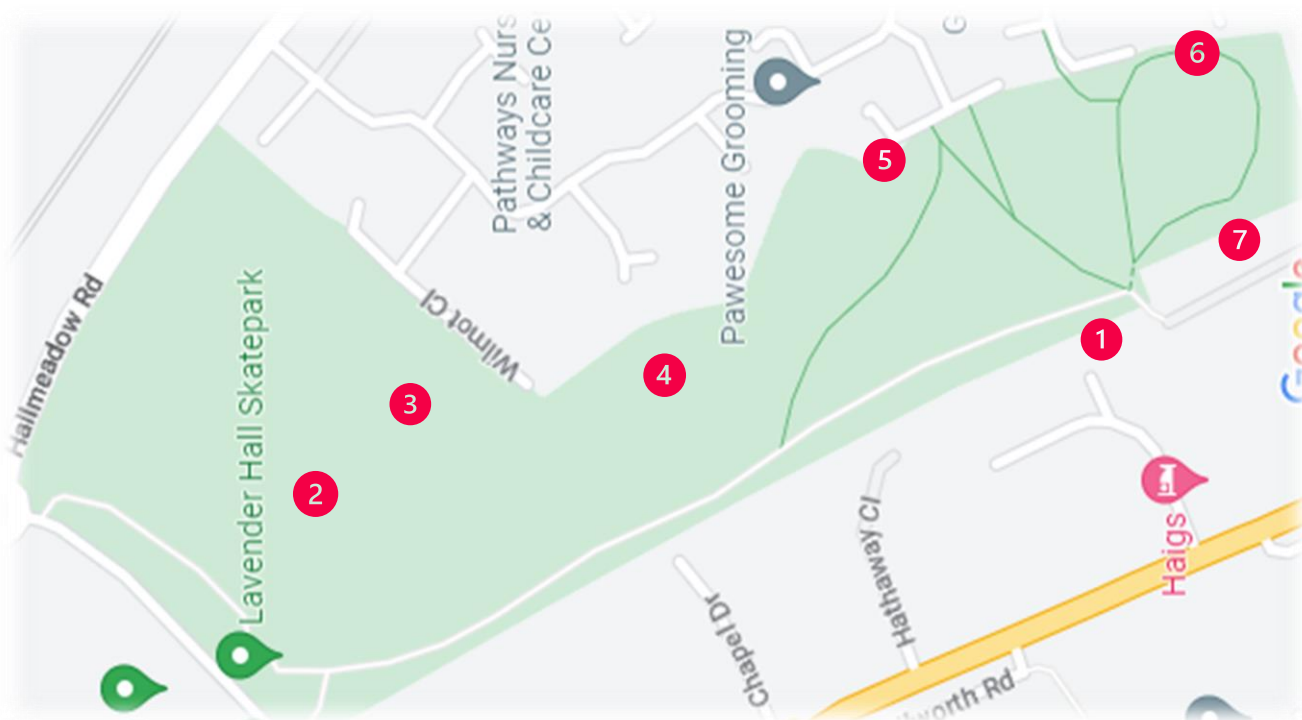
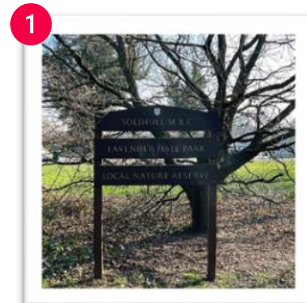
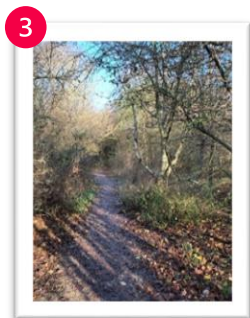
What pond life can you see? There are lots of flowers with different texture to touch and smell.

7 Finish





Take a moment to rest and listen all around, what can you hear. Before walking back to number 1 on the map.

Share your experience with us: Post your walking photos on Facebook, Instagram or Twitter, tag in Solihull Active, and use #SolihullActive #SoGo



Sensory Walk - Activity Ideas

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

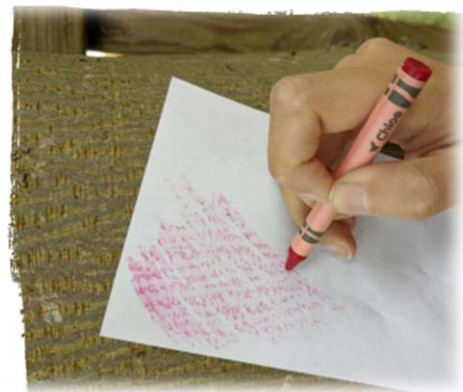
I can See 	I can Hear 
Tall Grass	Leaves rustling in the wind
Rolling Hills or meadows	Birds singing & chirping
Leaves in the air	Running water
Blooming Flowers	Crunchy leaves underfoot
Wild Insects	Tractors or trains going by

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

