



WALK

SOLIHULL

Sensory Explorations

For All Seasons, All Senses, All People

Shirley Park, Stratford Road, B90 3AL

A gentle 1km route around Shirley Park taking in the sights and sounds of the beautiful wildflowers, trees and rose garden.

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/>

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1 Start Here:

Start from the picnic bench located on the left as you walk through Stratford Road entrance. Walk to number 2



2 Stop

Close your eyes, what can you hear? Continue to number 3



3 Stop!

What is the tallest tree you can see, take a moment to feel the texture. Continue to number 4



4 Keep walking

Walk through the woodland area what can you hear? Continue to number 5



5 Selfie time!

As you walk to the next area, can you take a selfie with sports happening in the background. Walk to number 6.



6 Stop!

Can you spot any bugs, continue to point 7



7 Walk through the rose garden

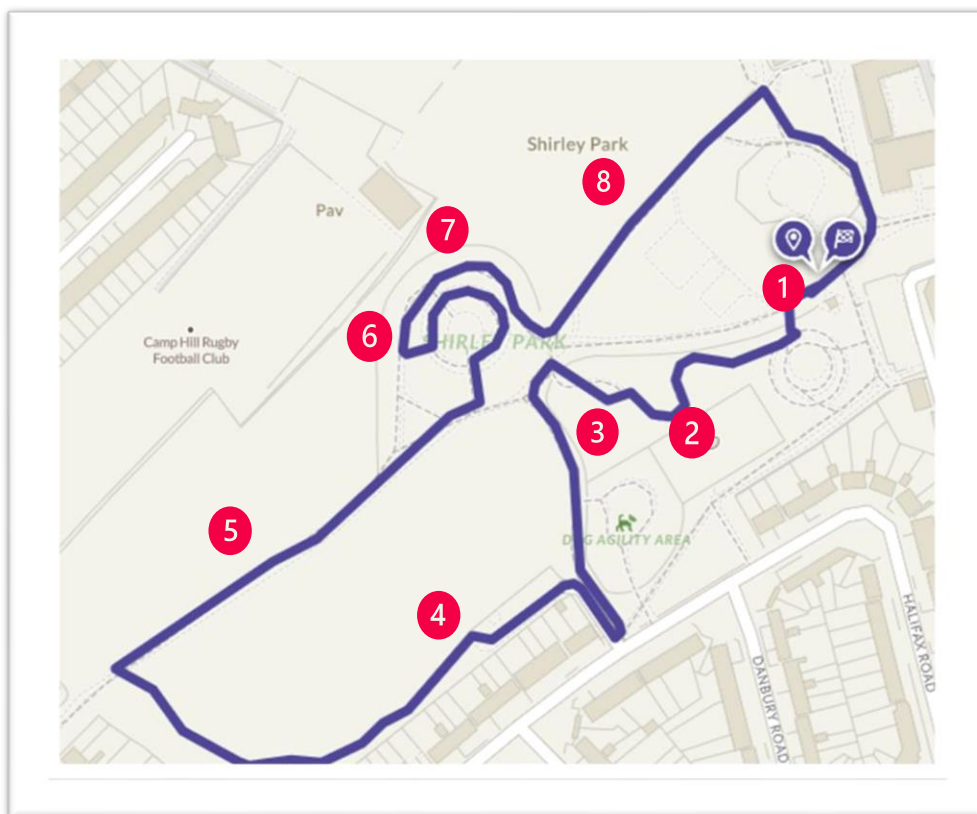
Take a slow walk through the rose garden, what different smells can you pick up. Continue to marker 8



8 Finish

A great place to stop and use the playground or keep walking back to number one to finish the walk. Take a selfie once you have finished.

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.

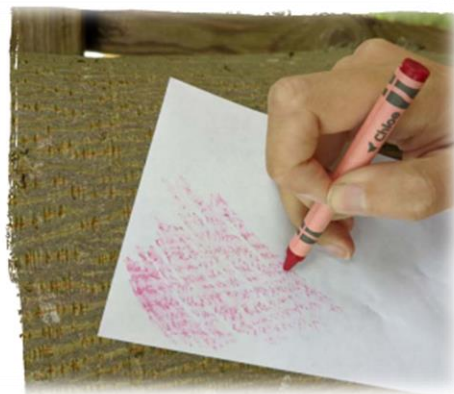
I can See 	I can Hear 
Tall Grass	Leaves rustling in the wind
Rolling Hills or meadows	Birds singing & chirping
Leaves in the air	Running water
Blooming Flowers	Crunchy leaves underfoot
Wild Insects	Tractors or trains going by

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

