



# Nature Objects Sensory Journey

With a closed eyed partner, place an object from nature in their hands.

Rocks, feathers, pinecones, leaves and sticks are some examples.

Ask them to describe how it feels. Is it rough, smooth, bumpy, or soft?

Repeat as many times as you like.

Does closing your eyes heighten your sense of touch?

How do you feel at the end of this exercise?

