

# Use your Five Senses: **BAREFOOT WALK**

## RUSTY'S MEADOW Active & Healthy Living



### THE ADVENTURE:

Every day, we walk across many different types of ground. Use your sense of touch to tell another Beaver Scout about the ground you are walking over. How do you know when the ground changes?

Outdoors, walk across different kinds of terrain – grass, gravel, dirt or pavement. To do this adventure indoors, White Tails can set up a walkway using a tarp and shallow bins for the Colony to walk across.

### DO:

- Kick off your shoes and socks and take a walk across the walkway!
- In pairs, take turns wearing a blindfold and leading each other through the walk.
- Describe what you are feeling to your partner.

### PLAN:

- Do you want to do this adventure indoors, outdoors or at camp?
- What does your sense of touch tell you about the world around you?
- Where will you go on your barefoot walk?



### REVIEW:

- What do you know now that you did not know before?
- What do you notice walking with bare feet?
- How did you describe what you were feeling to your partner?

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## **MATERIALS:**

- Blindfolds
- Tarp (in kit)
- Pebbles (in kit)
- Beaded necklaces (in kit)
- Plastic necklaces (in kit)
- Straws (in kit)
- Empty balloons (in kit)
- Sponges (in kit)
- Dish scrubbers (in kit)
- Other items to walk across
- Shallow baking tins (in kit)

## **SAFETY TIP:**

- Whether you are taking your barefoot walk indoors or outdoors, check the route to ensure there is nothing sharp or dangerous you could step upon. Be sure to step slowly and carefully to avoid falling or slipping.

## **ONLINE RESOURCES:**

- Homemade Barefoot Walk [little-blossoms-childminding.blogspot.ca/2011/08/homemade-barefoot-walk.html](http://little-blossoms-childminding.blogspot.ca/2011/08/homemade-barefoot-walk.html)
- Senses Experiment [kidshealth.org/en/kids/experiment-head.html](http://kidshealth.org/en/kids/experiment-head.html)
- You and Your Sense of Touch [www.youtube.com/watch?v=QW7SPO8YcAs](http://www.youtube.com/watch?v=QW7SPO8YcAs)