# Using your senses in Autumn and Winter

## Go outside and see how many of these things you can experience.

 With my eyes I can see…..

1. Look for leaves changing colour and falling
2. Watch for people wearing jackets and raking leaves .
3. Watch for geese flying south.
4. Look for pumpkins for sale.
5. Watch for squirrels hiding nuts.
6. Look for snow drifts.
7. Watch for people wearing matching hats and mittens or gloves.
8. Watch for birds coming to feeders.
9. Look for the stars coming out in the early evening.
10. Watch for animal tracks in the snow.

 With my ears I can hear…..

1. Listen to insects singing slower on cool evenings.
2. Listen to rain falling in puddles
3. Listen for the rustle of dry leaves.
4. Listen for the calls of geese flying over.
5. Listen for children playing football.
6. Listen to how quiet it can be outside when there is snow on the ground.
7. Listen for the sound of wind.
8. Listen to children playing outdoors.
9. Listen for birds calling or even singing.
10. Listen for snow ploughs clearing the streets.

 With my mouth I can taste

1. Eat an autumnal fruit, such as a blackberry
2. Catch a raindrop on your tongue
3. Eat a toffee apple
4. Toast a marshmallow over a candle and taste it.
5. Try some pumpkin pie.
6. Drink some hot cocoa.
7. Taste some special Christmas food.
8. Catch a snowflake on your tongue (but don't eat snow from the ground).

### With my nose I can smell…..

1. Smell a pile of raked leaves.
2. Sniff a jacket worn outdoors.
3. Smell the smoke from someone's fireplace or wood stove.
4. Smell a special christmas food cooking.
5. Sniff the fresh smell that comes in with someone who has been outdoors.
6. Smell an evergreen tree.
7. Smell clothes drying after someone has played in the snow.
8. Smell an autumn flower

### With my skin I can feel….

1. Let a cold breeze blow against your face.
2. Touch a pumpkin.
3. Touch the petal of an autumn flower.
4. Feel the wind push against you.
5. Touch some seeds that have stuck to your jacket or socks.
6. Touch some snow or ice.
7. Touch a pine cone.
8. Feel how heavy a piece of ice is.