

# TAKE A SENSORY WALK



In partnership with **L.L.Bean**

**Head outside and take a stroll around your neighborhood or through a nearby park.**

As you walk, ask your little one questions:

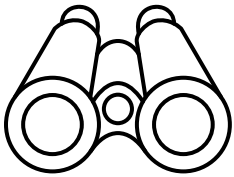
- What do you hear?
- What colors do you see?
- What does it smell like here?

When they find something interesting, pause to look and listen with them. Allow them to touch and feel leaves and sticks and rocks. Encourage them to leave nature in nature and take a picture or draw what they find to share with friends or family later.

This time outside offers countless opportunities for your child to explore the world and discover new ones, so let your child set the pace, tune in to their natural curiosity, and strengthen your bond through mutual exploration of your senses.

**Draw what you found on your walk below!**

## What did we:



**SEE**



**HEAR**



**SMELL**



**TOUCH**

--	--	--	--