

Martineau Gardens

Senses Walk



We use our senses to find out about the world.

As you walk around the gardens, take time to see, hear, feel and smell things around you.

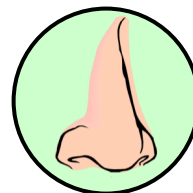
The following equipment* can be used for the senses walk if you wish:

- Sticky postcards — these can be made by sticking a strip of double-sided tape to a piece of card (about postcard sized). Small pieces of leaves, petals, feathers, etc. (collected from the ground) can be stuck onto your card to take home.
- Empty egg boxes — these can be used to sort found objects into different groups, e.g. rough, smooth, tickly, prickly.
- Paper and wax crayons — these can be used to make rubbings of different textures such as tree bark.

** Please bring these with you on your visit if you would like to use them.*

The map on the last page can help you to find your way around, but the walk can be done in any order.

The following symbols show the senses that can be used in each place:



The 'Food Zone'



Here you will find plants that are grown for food. You should not pick or eat any of these plants unless you are told to, but you could find one that you have eaten before (from the **Vegetable Plot** or a fruit from the **Orchard**) and describe the taste to your partner — can they work out which food plant you are describing?



Find the **Herb Garden**. Herbs are used in cooking to add flavour and many can also be used in medicines. Choose some herbs and gently rub the leaves with your fingers, then smell your fingers. Which is your favourite smell, and why?



Find the sign for the **Orchard**. If you close your eyes and rub the bottom of the sign you will feel some raised dots. This is called Braille and it is used by blind people to read.

The Formal Gardens



Look around on the floor for different coloured leaves or petals to collect. Stick them onto your sticky postcard if you have one. How many different colours can you see in this part of the garden? Can you find more than your partner?



Can you find any wind-chimes in the **Formal Gardens**? Blow on them to find out what sounds they make. What are the wind-chimes made from? What other materials might make good wind-chimes?



Look for some different shapes in this part of the garden. Can you find five different shapes and name them?



Feel the textures of some of the trees and make bark rubbings if you have paper and crayons. You could also look for tree stumps and count the rings to find out how old the tree was when it was cut down.

The Hot House



We don't just feel with our hands; we also feel things such as how hot or cold the air is with our skin. What does the air feel like inside the **Hot House** compared to outside? The plants that grow in here need warmth all year round because they come from hot countries. Be careful — there are some spiky cacti in here!

The Compost Heap



Before you visit the **Composting Area**, think about what it might smell like. Compost is made up of plant cuttings and food waste (such as tea bags and egg shells) that rots down and is then added to the soil. Do you think it might smell horrible? Now go and take a big sniff — were you surprised by the smell? Compost is important as it helps to put ‘goodness’ (nutrients) back into the soil.

The Woodland



As you take a walk along the path into the **Woodland**, listen to the sounds your feet make on the bark chippings. What words could you use to describe these sounds?



Walk through the woodland and look for coloured leaves. Do you think you would find different colours if you came in another season? Why? Search for leaves with different textures — this means they feel different, for example ribbed, soft, rough, smooth, hairy, spiky. If you have sticky postcards or egg boxes you can collect some of these leaves. There are also lots of places for bark rubbing in the woods.



Find a place to stop in the woodland (but not in the middle of the path!). Close your eyes for one minute and focus on your other senses. What can you hear? Natural sounds such as bird-song? Human noises such as traffic? What can you smell? Pleasant (nice) smells? Nasty smells?

The Birds and the Bees



Go and visit the **Bee Hives**. If you watch from a distance you may see the honeybees coming in and out of their hives as they hunt for nectar and pollen from the flowers. Unless it's a cold, wet day or it's winter — then they will be busy working inside the hive. Can you hear the noises of them buzzing as they move their wings? See if you can buzz like a bee!



Follow the signs through the play area to the **Bird Hide**. A hide is a place where people can watch birds without disturbing them. In small groups, go and sit in the bird hide and see how many birds you can see. There are some pictures on the wall to help you identify them (find out what they are). You can also read the list on the board of some recent sightings.

