



The
Wildlife
Trusts



EMPOWERING
BLIND
CHILDREN
YOUNG ADULTS

How many can
you tick off?



Sensory bingo!



Engage all of your senses when exploring nature

We are all sensory beings. Although sight is often our dominant sense, nature is full of sounds, textures, scents and movements that help us connect more deeply with the world around us.

By taking part in VICTA's sensory bingo, you'll be joining 30 Days Wild - The Wildlife Trusts' annual challenge that encourages everyone, everywhere, to do something wild throughout June. Whether it's noticing birdsong, feeling tree bark, or smelling rain on warm ground, small moments of connection with nature can have a big impact on our wellbeing and help us build a lifelong love for the natural world.

Sounds, textures and scents all play a huge part in the wonders of nature. As you explore and complete your bingo, take time to notice how each activity engages your senses and how it makes you feel. There's no right or wrong way to take part – the most important thing is to be curious, slow down, and enjoy being wild.



If you or your child has a vision impairment find out how you can access and get involved with the sensory bingo activity with VICTA by scanning the QR code.
victa.org.uk/sensory-bingo



The
Wildlife
Trusts



EMPOWERING
BLIND
CHILDREN
YOUNG ADULTS

How many can
you tick off?



Sensory bingo!



It's time to explore nature by using all of your senses
Can you complete a row or get a full house?



rough or prickly	smooth or soft	warmed by the sun	cool & shady
garden birds singing	rustling leaves	insects buzzing	footsteps stepping on different surfaces
damp earth or mud	a flower or herb	the bark of a tree	fresh air after the rain
feel the breeze on your face	stretch up tall like a tree	crouch down like a ladybird	follow a winding path



Tag us in your photos @thewildlifetrusts & @VICTAUK
#30DaysWild