



Sensory Trail

learnlink™

About the activity

The sensory trail is a challenge in more ways than one. During the activity your pupils will negotiate a series of obstacles – blindfolded – with the other members of their group for guidance. It's a challenge which raises questions about our abilities and assumptions, and demands mutual trust, self-belief, and effective communication to complete the course successfully.

Activity aims

The aim of this activity is to:

- Introduce the sensory trail activity and the necessary equipment.
- Allow each participant to experience the sensory trail activity.
- Ensure participants work together supporting and encouraging each other.
- Provide an opportunity for participants to discuss what they have accomplished.

Progression opportunities

Some participants may also:

- Explore how the other senses become heightened when another is lost or reduced.
- Understand how different senses work.
- Take the initiative in evaluating their performance and that of the group.
- Be able to assess risks and understand how these may be controlled.

In addition, participants should also have developed in the following:

- Interpersonal communication
- Teamwork

Learning outcomes

Upon completion of the activity, participants will have:

- Explored how their senses work.
- Demonstrated the ability to listen to, understand and act on instructions received.
- Understood the rules of the games and trail and why they need to be followed.
- Developed an understanding of associated hazards.
- Effectively worked in teams supporting their peers throughout the activity and recognized their achievements.
- Contributed to a post-activity review led by the instructor identifying what they did well and then suggested ways to improve.

Associated vocabulary

Words relevant to safety e.g. boundaries, hazards, risk assessment, rules.

Words relevant to equipment e.g. blindfold, lead rope, obstacles.

Words relevant to the activity e.g. balance, confidence, co-ordination, decision making, imagination, listening, instruction, problem solving, senses - hearing, smell, sight, taste, touch.

Words relevant to teamwork e.g. achievement, discussion, encouragement, leadership, opinion, participation, personal development, praise, responsibility, support, trust, understanding.