

SENSORY CHALLENGE CARDS:

INSTRUCTIONS FOR USE

"It is urgent to take your time"

These cards offer challenges, in order to take advantage of the lock down, and after, to take the time to observe, feel, listen, create, imagine invent...

And this, thanks to what our environment has to offer us, whatever the weather looks like.

The game is simple :

1. Choose a challenge, depending on your desires, the weather, the context of confinement. Alternatively, you can draw a card or roll a die. It is important not to force yourself !
2. Experiment and collect your feelings in a notebook : a note, a photo, a drawing ...

Some Advice :

- You can use the material you have at home or at school
- You can share your feelings with those around you or keep it to yourself
 - You can go and find missing information
 - Don't eat something you shouldn't
- take care of animals and plants, don't remove everything away

L Berthelot



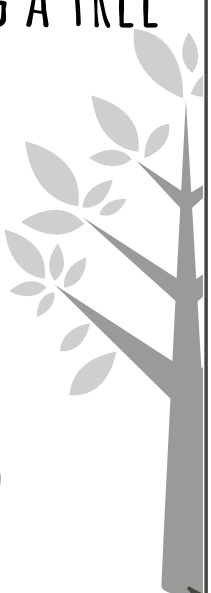
BAREFOOT WALKING

For
30 minutes, walk barefoot
in the grass ... How do you
feel? Renewing
the experience every day
is very good for the body.

L Berthelot

CLIMBING A TREE

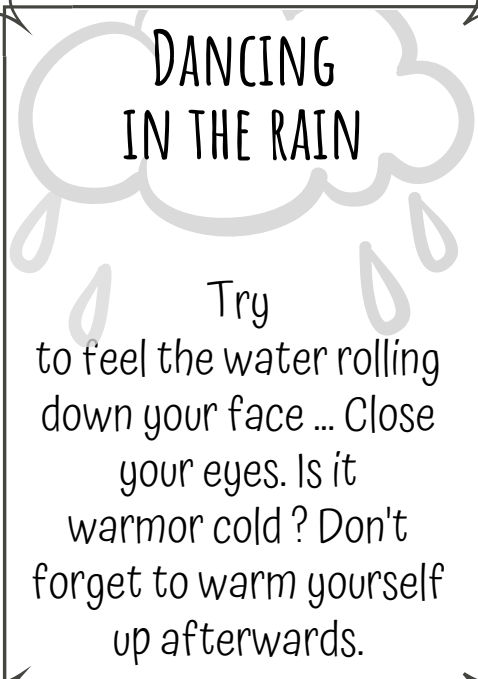
Do
you see
anything new
from the top?
Are there any
birds? Write
down
everything you
see and feel.



L Berthelot

DANCING IN THE RAIN

Try
to feel the water rolling
down your face ... Close
your eyes. Is it
warm or cold? Don't
forget to warm yourself
up afterwards.



L Berthelot

SOWING A SEED

Take
a pot or sow it in your
garden. You can take a
bean, a lentil or
another seed. Remember
to water it and write
down your
observations everyday.



L Berthelot

COOKING NATURE

Cooking
nature. Invent
and cook your own recipe
or take an existing
one. You can then
share it with your friends
and family by adding your
own tips.



L Berthelot

GATHER THE SCENTS OF NATURE

Go
smell the nature.
You can collect
some of them in
small pots, and
make them
smell around you.



L Berthelot

DAYLIGHT LISTENING

Sit
outside or at your window
then close your eyes... What
sounds do you hear in front
of you, to the right, to the
left and behind you? What
are the farthest sounds
from you? What are the
closest?



NIGHT TIME LISTENING

Installe-toi dehors ou à ta
fenêtre, puis tends l'oreille...
Quels sont les sons les plus
loin de toi? Lesquels sont
les plus près?

LISTENING TO PEOPLE

Sit
outside or at your window
and close your eyes... Make
a list all the human-made
sounds you hear.
Are there many?



CHOOSE YOUR STAR

Sit
outside or at your window.
If the sky is clear, choose a
star and
give it a name. Find a way
to find it on other nights.

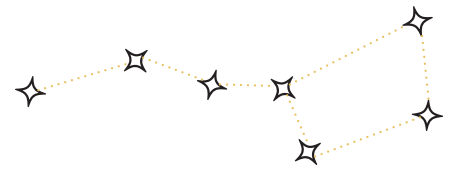
LBerthelot

FIND VENUS

Sit
outside (or at your
window) Watch the first
stars to arrive Venus
is often the first and
brightest star you see.

LBerthelot

FIND THE BIG DIPPER

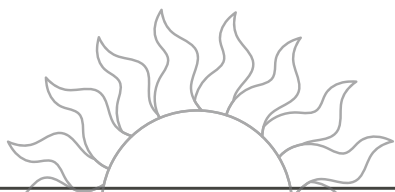


Settle
down outside under the
starry sky. Try to find the
constellation.

LBerthelot

WATCH THE SUNSET

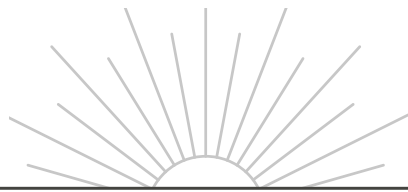
Sit
outside wearing your
sunglasses. Observe the
colours of the sky. Are
they the same as sunrise?



LBerthelot

WATCH THE SUNRISE

Sit
outside wearing your
sunglasses. Observe the
colours of the sky Are
they the same as sunset?



LBerthelot

CATCH THE MOON



Find
the moon. If you
see it, take the
time to observe
it. How is it?

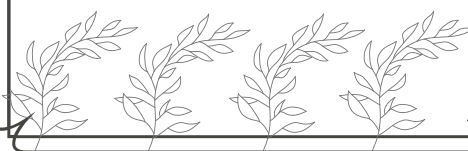
LBerthelot

OBSERVE THE SHADOW

If
there is sunlight, find the
shadow of a fixed object
and draw its
contours with chalk or
pencil. Do not move the
object and repeat the
experience 1 hour later.
Write down your
observations.

FEEL THE WIND

Outside
or at your window. Close
your eyes and try to feel
the wind on your
face for a few moments.
Where does this wind
come from? East, West,
North or South.



CATCHING A CLOUD

Lie outside and watch the
clouds Are there any
shapes you're
familiar with?
You can draw them.





HOLDING A LITTLE BEAST IN THE HAND

Go out looking for an insect and try to take one in your hand. If it moves too much, put it in a glass to watch it. Try to identify it. Don't forget to let it go afterwards.



L Bortholet

THE SNAIL RACE



Find two snails awake after a rainy day. Put them next to each other and mark the finish line with a lettuce leaf. You can also prepare a route for them. Watch them.



L Bortholet

LIE DOWN IN THE GRASS

Lie down in the grass. What are you feeling? The heat, the wind, the vegetation, the insects? What are you hearing? Try to feel light.



L Bortholet

DRAW A FLOWER

Find a flower and sit next to it. Draw it in every detail. You can add natural colors to it.



L Bortholet

THE "SIT SPOT"

Trouve ton endroit dans la nature. (Une cabane, un buisson, un arbre fétiche) Ici tu pourras être seul, au calme pour penser et imaginer... L'idéal est d'y aller tous les jours quelques minutes.



L Bortholet

THE LOOKOUT

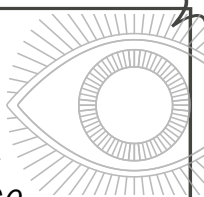
Settle down comfortably and discreetly in a natural place. Hold still. Stay alert for the slightest movement. You can place a few seeds the night before. Write down your observations.



L Bortholet

OBSERVE A LANDSCAPE

Choose a place with a clear view or from the top of a window. Decompose the landscape like a painting. Make a list, or a drawing, of the different elements (human constructions, forests, rivers...).



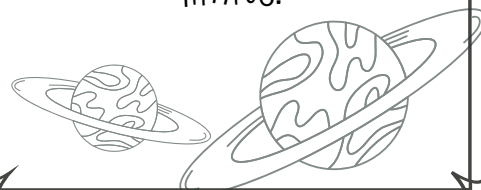
MEDITATE

Sit back and focus your gaze on a flower for 5 min. If thoughts come, let them go naturally. Has your perception of the flower changed in these 5 minutes?



WRITE A STORY

Sit out in the wilderness and imagine what you want. Write words on paper. You can make up your own story without limits.



DRAW A LITTLE BEAST



Find a little beast in the wild or at home. Put it in a small jar or glass to observe it closely. Draw a picture of it and try to find out which species it is.



L Bortholet

MAKE A SOUND WITH NATURE

Use, leaves, grass, flower, snail shell, or an acorn... And try to make a sound with this element. Share your findings around you.

L Bortholet

IMITATE THE SOUND OF A BIRD

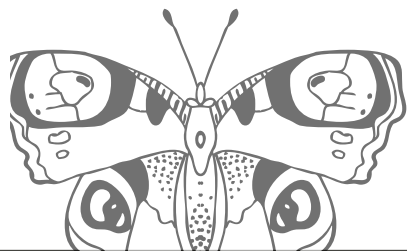
Listen carefully to the birds' songs. How many different do you hear? Try to imitate one.



L Bortholet

COLLECT THE COLORS OF NATURE

Nature offers lots of colours. Create your palette and compose an ephemeral work of art.



L Bortholet

FIND YOUR MAGIC STONE

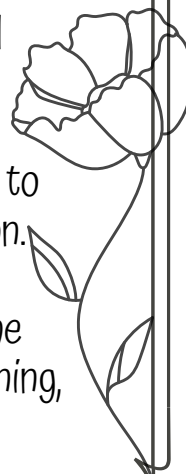
Search for the prettiest stone. Keep it or give it to someone you love. You can also put it at the bottom of a tree that you like.



L Bortholet

ANALYZE THE EVOLUTION OF A FLOWER

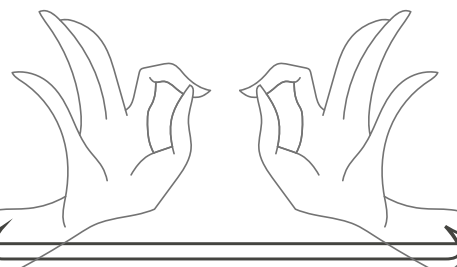
Choose a flower and don't pick it. Find a way to spot it, and observe it every day to follow up its evolution. Draw it or take a picture of it. Note the changes. (Color, opening, little beasts ...)



L Bortholet

FORM THE SHADOW OF AN ANIMAL

At night or in the dark. With a flashlight. Try with your hand to form the shadow of animals.



DRAW ISLAND OF SERENITY

Imagine your ideal island where you would feel good. Don't put any limits to your imagination. Who would you like to invite?



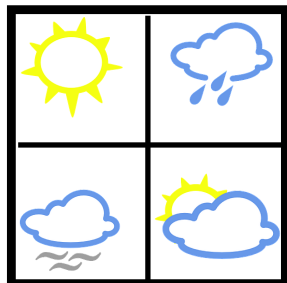
WRITE A POEM

Settle in a place you love and write what nature inspires you. Be attentive to your feelings, your emotions, your tastes...

SENSORY CHALLENGE CARDS

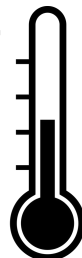
Feedback

Challenge: _____



Notes:

feelings
difficulties,
inspirations



Circle the corresponding symbols for each challenge completed

My emotions during the activity



Joy



Sadness



Fear



Anger



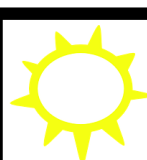
I liked



I didn't like

Weather during the challenge

Sun



Rain



Wind



Cloud

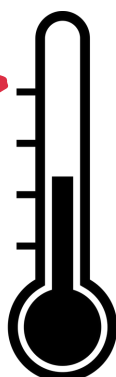


Level of difficulty

Difficult



Easy



Put an arrow on the
thermometer to indicate
the level of difficulty.

L Berthelot

