



Fall Five Senses Nature Walk

Go for a walk; check off the things you sense!



We Saw:

- ☐ Leaves changing colors (red, orange, yellow, brown)
- ☐ Leaves falling to the ground
- ☐ Squirrels gathering acorns
- ☐ Birds flying or hopping
- ☐ Spider webs in the sun
- ☐ Pumpkins or gourds
- ☐ Bare branches
- ☐ Acorns or pinecones
- ☐ Late blooming flowers
- ☐ Autumn clouds



We Tasted:

- ☐ Drink: _____
- ☐ Snack: _____

Examples: Apple cider,
pumpkin muffin, fall apple slices



We Touched:

- ☐ Crunchy leaves
- ☐ Rough tree bark
- ☐ Smooth leaf
- ☐ Acorn shells
- ☐ Pumpkin skin
- ☐ Dry grass
- ☐ Cool breeze
- ☐ Damp leaves
- ☐ Smooth stones



We Smelled:

- ☐ Fresh apples
- ☐ Crisp autumn air
- ☐ Wood smoke
- ☐ Fall flowers



We Heard:

- ☐ Leaves crunching
- ☐ Wind blowing
- ☐ Birds chirping



**Proud
Moments** ABA