

Welcome to GET OWT!

Thanks for being a part of GET OWT! today. We're really glad you chose to come. Here are just a few things we want you to know and think about:

- Explore the activities in the pack together with your family in your own time.
- Please keep to the social distancing rules.
- Familiarise yourself with our safety sheet (located in your pack).
- Find a space to stop for a snack and/or drink.
- Take photos of what you've been doing so we can share them on our Facebook page.

Please fill in the photo consent form and hand it back to us.
(Form found within your pack.)



Here are today's GET OWT! activities...

Five senses scavenger hunt

Sight



- Can you spot something white?
- Can you spot something tiny?
- Can you spot something tall?
- Can you spot something long?

Touch



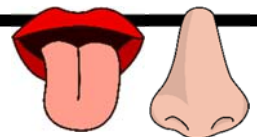
- Can you find something bumpy?
- Can you find something wet?
- Can you find something soft?
- Can you find something prickly?

Sound



- Find an animal sound
- Find something that snaps
- Find something that crunches

Smell & Taste



- Find a flower with a scent
- Find something an animal might eat (but don't try it yourself!)

Nature craft: faces

Make a nature face using the face outline in your pack. Collect some leaves, twigs, flowers and stones to create eyes, nose, mouth and hair. After you've made your face, why not encourage younger toddlers to point to the eyes, ears, mouth etc.



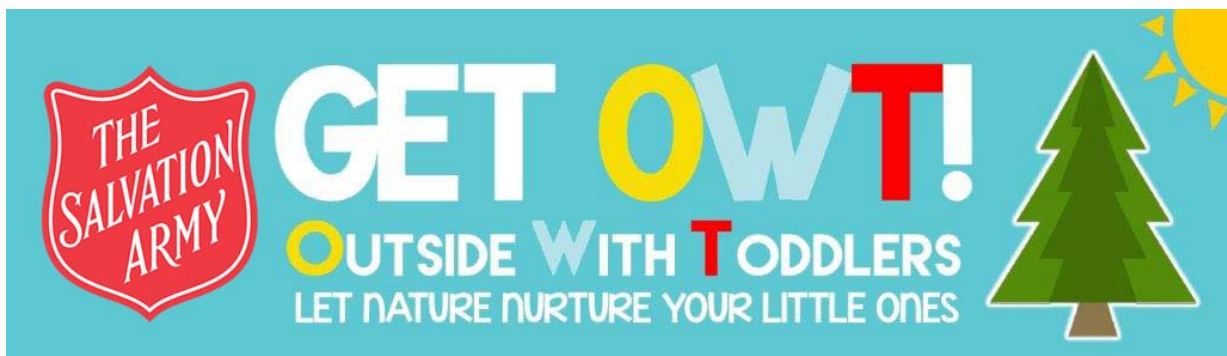
Craft: lavender play-dough

Lavender is a lovely smelling flower which helps us feel calm and relaxed. Have a smell of the lavender in your pack. Carefully mix it into the play-dough to create something which you could play with to help calm down and relax before bedtime.



Some things to think about and chat about as a family:

- What are some of your favourite smells, and what smells nasty to you?
- Try to be completely quiet for one minute – can you do it? How many different sounds can you hear?
- Can you imagine living without sight, sound, touch, taste or smell? It would be hard, huh? Unfortunately, some people do! Maybe you could think about ways you can help those who might struggle without one of these senses.



The Salvation Army is a Christian Church and registered charity in England and Wales (214779), Scotland (SC009359) and the Republic of Ireland (CHY6399).