

# Neighbourhood Sensory Treasure Hunt



Hills Community Aid invites everyone to join this fun Covid Safe Sensory Treasure Hunt around your local neighbourhood. You don't have to complete it all in one walk. How many can you find? Be sure to follow Covid Safe practices on the hunt. Have fun!

## What can you see?

- ☐ Feather
- ☐ Red leaf
- ☐ Black dog
- ☐ Ants nest



## What can you hear?

- ☐ Music playing
- ☐ People talking
- ☐ Children laughing
- ☐ Bird singing



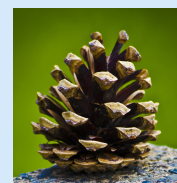
## What can you smell?

- ☐ Flower
- ☐ Fruit
- ☐ Rain
- ☐ Grass



## What can you touch?

- ☐ Something smooth
- ☐ Something cold
- ☐ Something slippery
- ☐ Something spiky



Finished the hunt? Why not tag us on Facebook using @hillscommunityaid or post directly on our page. Here is the link: [www.facebook.com/hillscommunityaid/](https://www.facebook.com/hillscommunityaid/)

## Mindfulness Colouring

