

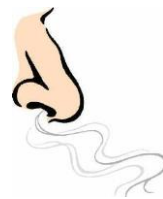
# Leeds Castle ~ Spring and Summer

## Sensory Trail

This book belongs to:

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This trail will take you around the grounds of Leeds Castle in the spring and summer seasons, exploring them with your senses.



# Using your Senses

In this booklet there are lots of suggestions for things to do to engage your senses, but don't feel you have to complete the whole booklet. Take your time, bring it back with you another time to finish, or miss parts out that don't appeal to you. The most important thing is that you have lots of fun as you explore Leeds Castle!

Look out for these symbols in the booklet:



These highlight which senses you are focussing on. Throughout this booklet you will be encouraged to use four of your five senses – sound, smell, sight and touch.

Some of the suggestions involve touching plants and trees around the grounds of Leeds Castle. Please be gentle and do not pick any leaves or flowers from them.

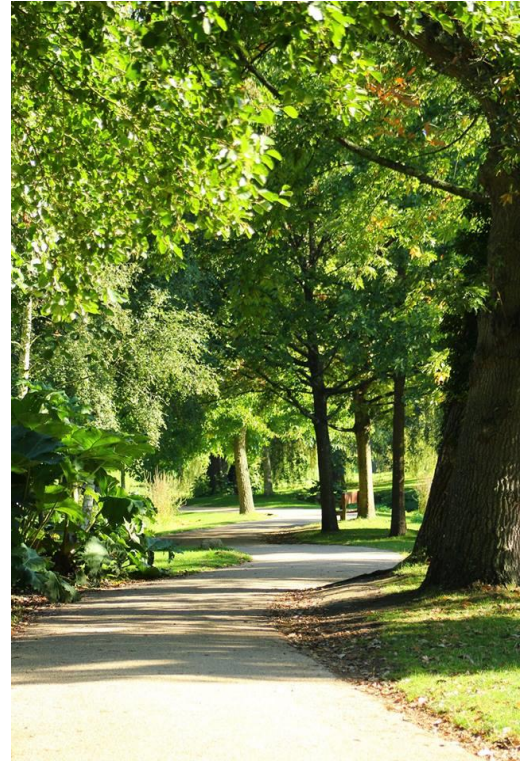
# Woodland Walk

Walk through the woodland garden and find a bench to sit on or some grass to lie on.



Have a look at the light shining through the leaves on the trees and watch them move in the breeze.

What shapes do their shadows make?



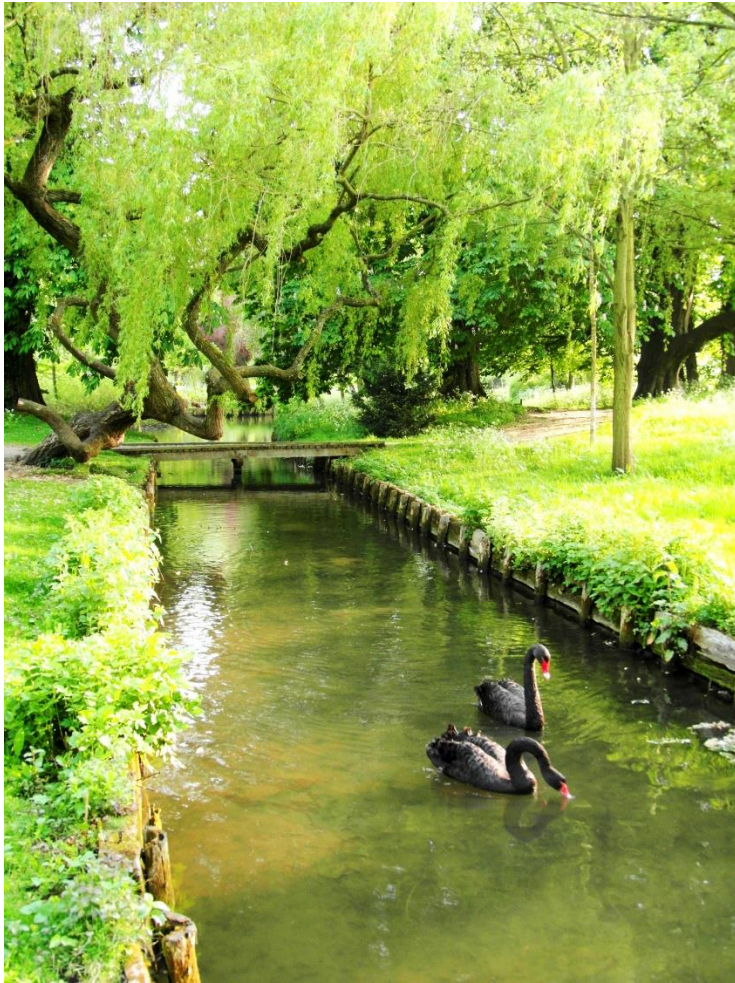
Can you hear the leaves rustling in the wind? What other sounds can you hear?



If you're lying on the grass, you could run your hands through it as you listen.



# The Woodland Walk



A small stream runs alongside the Woodland Walk.

Can you see any wildlife in the water?

Sometimes there are fresh water eels and mussels to be seen.



Does the water make a sound as it moves?

What word could you use to describe the sound?



Why don't you find a small stick and play Pooh sticks over a bridge? Or find a leaf on the ground that you think would float well and watch it glide through the water.





# The Woodland Walk



Throughout the Woodland Walk there are lots of smaller paths that take you from the main one. Why don't you choose one to explore and see what you can find off the beaten track? Be careful as it can be muddy in wet weather.

Walk quietly through the trees and archways and listen to nature. How many different sounds do you hear?



Look at the flowers, how many different colours do you see?

Now smell the flowers. Do you like how they smell?

Run your hands along the plants, being careful not to break them. Are they rough or smooth?





# The Lake



Look across the lake. How many different types of water fowl can you see at this lake?



Can you hear the different types of quack and honks that they make?



Near this lake there are lots of willow trees with long branches hanging down. Can you reach any of them? Gently run your hand along the leaves. How do they feel in your hand?

# In the Culpeper Garden



These gardens smell so beautiful in the summer! Choose some flowers to smell.



How many different plants can you see in the garden?



Can you find any roses? How do they smell? Feel the petals, they're very soft! Watch out for their spikey thorns though!



At the back of the Culpeper Garden there are some herbs growing. Rub one of the leaves and smell your hand. What does it smell like?



# In the Lady Baillie Garden

This is usually a very quiet garden. It's a good spot for a picnic if you have one. There are lots of benches to sit on and different plants growing.



Do any of the plants here have a strong smell? What do they smell like?



The Lady Baillie Garden is a lovely, calm spot to sit and relax. You can watch the boat glide past or the swans swimming across the lake from here.



Lots of insects like it here. Can you hear any bees buzzing or see any butterflies flitting between the plants?

