



Barefoot

Walking barefoot is a sensory experience for all. Greater feedback helps with balance. Foot strength increases and the development of arches. Relaxation is needed as you become mindful of the new sensations.

Course:

Identify a mixture of outdoor surfaces that can be linked together to create a route. This could be grass, mud, gravel, woodland or paths. Add in extra surfaces such as leaves, sticks, sand, pebbles, water. Natural items could be supplemented by household items of your imagination. Check for any sections that may have sharp items or hazards.

Activity:

Time to give it a go and follow the route in bare feet. Describe the sensations as you move from one surface to the next, be as descriptive as possible. What is loud, quiet, smooth, squishy, rough, soft, hard, warm, cold, relaxing, painful?

Now try the course blindfolded, while guided by a helper. You can use a hat over the eyes, hooded top back to front or a scarf to make the blindfold. Can you still recognise the different surfaces? Would you trust your helper enough to be guided on to new untouched surfaces, whilst still blindfolded? Don't forget to swap around.

Notes:

Make a path from certain surfaces and feel your way along with your feet whilst blindfolded. Don't get lost!

Have a seeing helper nearby to make sure you don't stray anywhere hazardous.

Referenced from www.ltl.co.uk

Enjoyment and Appetite for Learning

Enjoy being outdoors.

Time:

30 min plus

Space:

Garden / Yard

Equipment:

Different Outdoor Surfaces - stones, grass etc, Improvised blindfold

