



Abstract

In the darker months, short atmospheric walks through the local environment give children the opportunity to experience the magical quality of rural darkness and participate in a series of fun activities to heighten sensory awareness.

Learning Objectives:

- To gain experience and enjoyment of being in the dark
- To enhance personal development through a series of activities and challenges involving increased sensory awareness and confidence

Learning Outcomes:

- To walk an environmentally contrasting circuit maximizing the use of sound, smell and touch
- To participate in activities which develop an understanding of the ways in which sight is affected by darkness
- To reduce the anxieties associated with darkness so that children can complete a solo walk along a stretch of woodland track
- To discover more about the sky at night (weather permitting!)