

RNIB Sensory Scavenger Hunt

R N I B

See differently



Welcome!

Thanks so much for taking part in RNIB's Sensory Scavenger Hunt.

During the hunt, you will have the opportunity to learn about sensory differences which may help your family consider the impact of sight loss as you play together.

This guide will provide you with inspiring ideas for hours of family fun, along with information about other ways you can enjoy fundraising for RNIB.

Your support is needed

Every day 250 people in the UK start losing their sight. Their lives will change completely, and too many people have to cope on their own with the news. This could lead to isolation and depression. Right now, RNIB can only reach one in three people who need our help the most. So, with every pound you raise, you'll support more people with sight loss. From the moment someone is told they're losing their sight, to the day they're living with confidence again.

Thank you!

Activity pack

This activity pack can be viewed on any mobile device or tablet. It can also be printed to create instant, engaging activities for hours of fun as your child explores their surroundings.

Help your young explorers understand their senses beyond sight through fun challenges, such as telling the difference between smells, appreciating the different textures of their toys, and taking on the taste test.

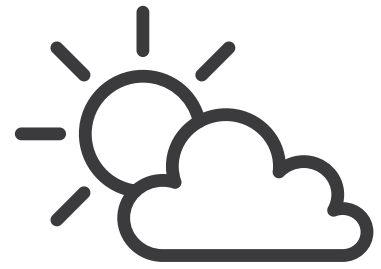
Teach them resilience and understanding by explaining how blind and partially sighted people overcome challenges by using their other senses.

If you enjoy this activity pack, please help us support blind and partially sighted people in the UK by making a donation. Better yet, why not organise your own Sensory Scavenger Hunt in the local area? Or even online... asking each player to make a donation.

To make a donation, visit rnib.org.uk/sensoryhunt

Instructions

The sensory activities in this pack are split into two sections which can be played at home or outside: **The Great Indoors** and **Embrace Nature**.

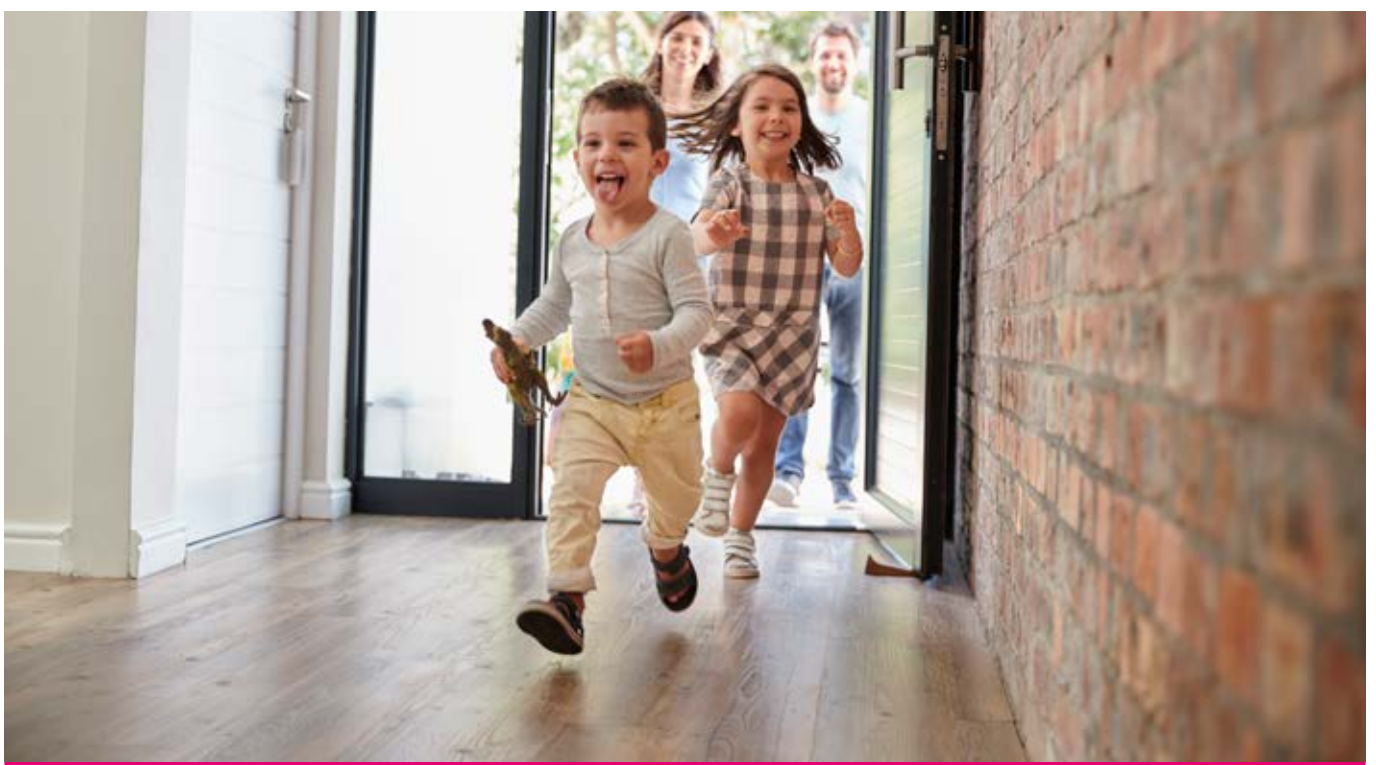


Each section contains four sensory rounds that explore a different sense within that environment. Each round contains a checklist of 10 challenges to get you started. But you can also come up with more yourself as you get inspired.

How you take part in the challenges is entirely up to you. Set challenges based on your child's age or you can use only those that are appropriate to your environment. You could try setting one challenge from each round at a time, or make it a little more difficult by giving children a checklist to work through a single round. This could be done in teams and even against the clock. The winning team could be the one that carries out the most challenges in the time or completes their checklist first.

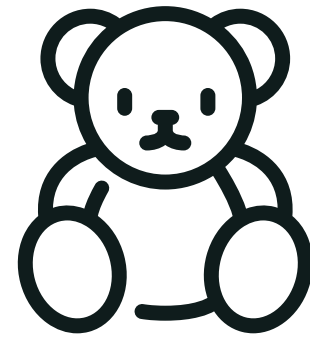
Most of these prompts also create the opportunity to further discuss how these sensations make your child feel and allow them to think more about how they experience their surroundings using senses other than sight.

Please always monitor children during any activity, especially during those rounds which involve tasting and smelling. The taste challenge should be performed at home with edible items only, strictly under adult supervision, and in accordance with the participants' dietary requirements and awareness of possible food allergies.



The Great Indoors

These activities are perfect for a rainy day and can be carried out in the comfort of your home. Why not organise your own Sensory Scavenger Hunt as part of a birthday party? You can also play virtually by challenging friends over the phone or via Zoom, FaceTime, Skype, etc.



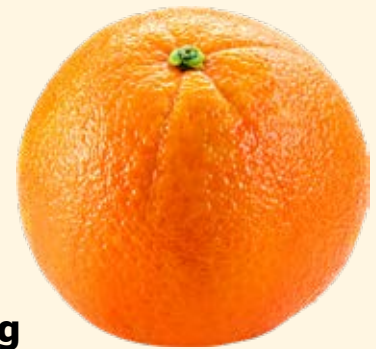
Can you touch something...

- rough
- fluffy
- spikey
- slimy
- squishy
- cold
- wet
- soft
- bumpy
- with braille on it



Can you smell something...

- fresh
- sweet
- stinky
- flowery
- fruity
- earthy
- delicious
- disgusting
- herby
- spicy



Can you taste something...

- sweet
- savoury
- spicy
- delicious
- minty
- fruity
- sour
- tangy
- salty
- disgusting



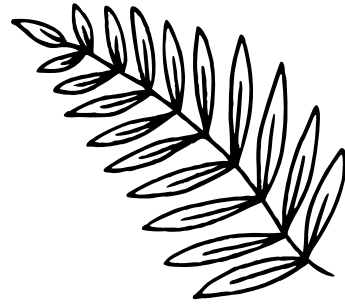
Can you hear something that sounds...

- like a drum
- very quiet
- like an animal
- crackly
- electronic
- scary
- funny
- musical
- squeaky
- like a siren



Embrace Nature

A Sensory Scavenger Hunt designed specifically for your next family walk, garden adventure or trip to the woods. You could also gather items from a nature walk to use in sensory games at home.



Can you hear...

- a dog barking
- something far away
- the rustling of leaves
- something squishy
- birds singing
- running water
- an insect buzzing
- something crunchy
- something very loud
- the wind blowing



Can you smell...

- a farm
- a flower
- a herb
- tree bark
- the rain
- the ocean
- something earthy
- a tree
- fresh air
- something disgusting!



Can you touch...

- a tree
- a leaf
- sand
- dirt
- grass
- stones
- water
- a feather
- something slimy
- something wooden



Can you find something...

- heavy
- light
- that could be treasure
- a fairy could live in
- very tall
- very small
- to throw
- to hide underneath
- to walk across
- you can turn



Fundraising in your community

There are lots of ways to raise money in your local community and support RNIB.

Whether you are thinking about fundraising on your own, with family or friends, at work or school, we have plenty of ideas to get you started.

You'll be making a real difference to people affected by sight loss across the UK.

Ways to get involved and raise money

Go dotty for RNIB!

Celebrate braille by going all dotty for a good cause with our fun activity pack and curriculum relevant lesson plans: [rnib.org.uk/dotsraiselots](https://www.rnib.org.uk/dotsraiselots)

Sponsor a Talking Book

You can help to end isolation for blind and partially sighted people with the freedom to read again. Register to sponsor a Talking Book and give a lifeline to someone with sight loss: [rnib.org.uk/sponsortalkingbooks](https://www.rnib.org.uk/sponsortalkingbooks)

Save stamps for RNIB

Collect stamps for RNIB and make a real difference to people with sight loss. We will recycle them into much needed funds. Just put the stamps aside until you have a handful and then contact RNIB for details of how to send them in. You can register by calling **0303 123 9999** or online here: [rnib.org.uk/stamps](https://www.rnib.org.uk/stamps)

Find a home for Sooty

Join our amazing community of volunteers and use any time you have spare to help us raise vital funds from our beloved Sooty collection boxes, or register your interest in having a Sooty Box at a local business: [rnib.org.uk/sooty](https://www.rnib.org.uk/sooty)

Tea for RNIB

A good cup of tea can raise the spirit, especially if it also supports a good cause! Get your tea party pack today, remember it can always be a virtual party: [rnib.org.uk/teafornib](https://www.rnib.org.uk/teafornib)

In The Dark

Experience In The Dark and open your eyes to sight loss: [rnib.org.uk/inthedark](https://www.rnib.org.uk/inthedark)

Connect with RNIB

Thank you so much for taking part in RNIB's Sensory Scavenger Hunt and for fundraising for RNIB.

Your donation can help us create a world without barriers for people with sight loss.

We're here to help you every step of the way, so if you have any questions about your fundraising please don't hesitate to get in touch by phone on 0303 123 9999 or email fundraising@rnib.org.uk

We'd love to see what you're up to and how your fundraising is coming along so join us.

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