



SORT Family Senses Adventure

Take these ideas home and continue your family's nature adventure.

Fox – Listen

Prompt: What sounds can you hear that nobody else has noticed?

Try this at home: Spend two quiet minutes listening together outside or through an open window.

Owl – See

Prompt: Find five tiny things that everybody else walks past.

Try this at home: Go on a tiny treasure hunt and draw or photograph your discoveries.

Badger – Smell

Prompt: What smells are you noticing as you walk in nature?

Try this at home: Collect safe natural smells and talk about what they remind you of.

Squirrel – Touch

Prompt: Explore different textures with your eyes closed.

Try this at home: Create a texture collection using leaves, bark, stones or feathers.

Deer – Feel

Prompt: Close your eyes. What do you feel inside? What helps you feel calm or alert?

Try this at home: Sit quietly together for one minute and share one word about how you feel.

Our Family Animal

Which animal would your family like to learn from this week?

☐ Fox ☐ Owl ☐ Badger ☐ Squirrel ☐ Deer

One thing we will try together:

Ways Our Family Can Learn from Each Animal

Choose the animal that feels most helpful for your family right now. You can talk, write, draw or simply try one small idea together.

Fox - Listen

More like a fox, together we can...

- really listen to each other
- notice the quiet and the things that are easy to miss
- give everyone a chance to be heard
- be curious about what might be going on underneath

Owl - Notice

More like an owl, together we can...

- notice the little things that matter
- look at things from different points of view
- pay attention to details
- be thoughtful and notice each other

Badger - Trust and Settle

More like a badger, together we can...

- trust our instincts
- create a safe and cosy home
- notice what feels good and what does not
- take time to slow down and check in

Squirrel - Play and Create

More like a squirrel, together we can...

- enjoy the little things
- use our hands and get involved
- bring fun, play and energy
- be resourceful and creative together

Deer - Feel Inside

More like a deer, together we can...

- look out for each other
- create calm and safety
- notice when we need to rest, move or be alert
- move through life with kindness and care

Our Family Promise

The animal we would like to learn from is: _____

One small thing we will try together is:

We do not have to get it perfect. We can keep noticing, trying and learning together.