

My Five Senses Forest Walk

If I go for a walk in the forest:



**I can
see**



**I can
hear**



**I can
smell**



**I can
taste**



**I can
feel**



FEEL/ TOUCH

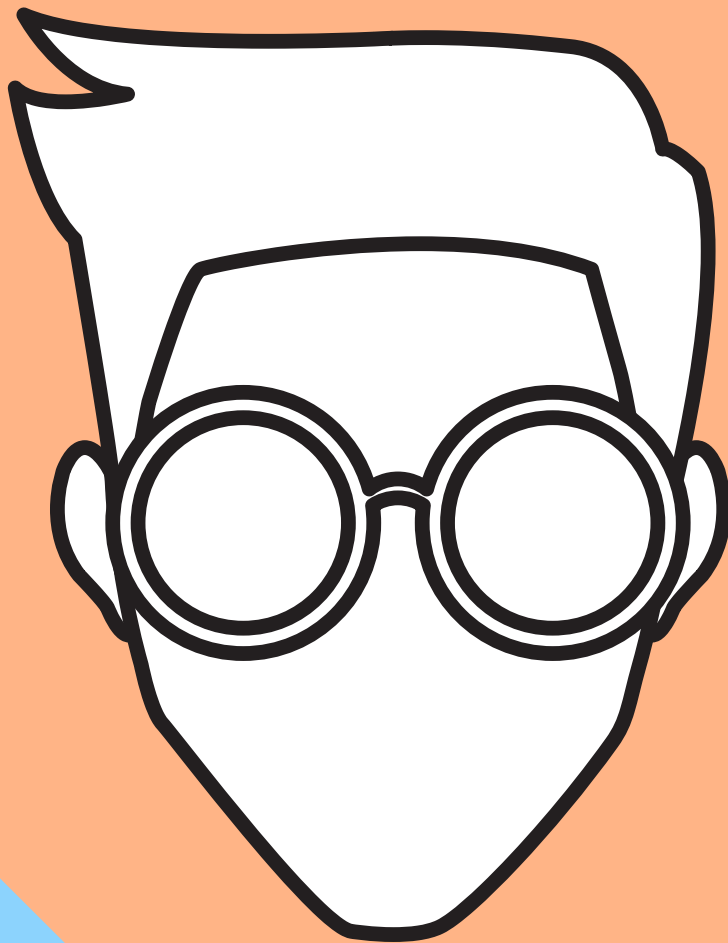
you feel with your
hands, body and heart.



10 Touch Elbow to Knees

SEE

you see with your eyes.



10 Push ups



Smell

THE FIVE SENSES



20
Mountain
Climbers





Revolutionary PE
MAKE YOUR BODY STRONG

TASTE

you taste with
your tongue.



**Downward
dog
Count of 10**



HEAR

you hear with your ears.



10
Windmills