

Dear Educators,

As you prepare for your upcoming travels, we encourage you to incorporate sensory-conscious practices to enrich your experiences and those of your students. Here are some valuable tips:

Sight

- Encourage students to observe their surroundings with intention. Challenge them to find five unique colors in nature.
- Utilize visual aids such as maps and charts to enhance understanding of local geography and culture.

Sound

- Incorporate the sounds of the destination - let students listen to local music or nature sounds before the trip.
- Organize listening walks where students can describe the sounds they hear in their environment.

Smell

- Introduce aromatic local cuisine by organizing a cooking session with ingredients from the destination.
- Encourage students to collectively identify scents in nature, such as flowers or trees.

Taste

- Plan taste-testing sessions with local foods during the trip.
- Integrate discussions on cultural significance related to various dishes and flavors.

Touch

- Provide opportunities for students to interact with local crafts or nature, encouraging tactile engagement.
- Use sensory bins filled with elements from the locale for hands-on exploration in the classroom.

By embracing these sensory-conscious travel tips, we can foster a deeper appreciation for diverse cultures and environments among our students. Happy travels!

Sincerely,
Your Travel Planning Team