

# Barefoot in the park

<u>Target group</u>	3-6
<u>Material</u>	Park  Scarf to blindfold the children.
<u>Procedure</u>	The children go to the park and take their shoes off. The children go around in the park and feel the ground with their feet. The children can, after a little walk, try to find different things (for instance something warm, cold, soft, hard, etc.)
<u>Variations</u>	The children are paired up, one is blindfolded and the other one leads. They use all senses to guess different things from the park.  (wood, stone, grass etc.)  You could do it with hands if the place is not safe enough to do it barefoot.
<u>Aims</u>	It is a feeling and observation game, where the children have to feel the surroundings, here the park, with their feet and feel different objects on the ground. The children have to use their senses to guess the thing their partner gives them to feel.  Know themselves, and trust their senses.
<u>Comments</u>	The teacher must check the place to make sure that there is nothing that could hurt the children when they go barefoot.