



# Sensory search

Use the Sensory Search list below and see how many of your senses you can use. Tick them off as you find them. You can also create your own sensory search using the blank template provided.

	Something smooth to touch	<input type="checkbox"/>
	A sound in the distance	<input type="checkbox"/>
	Something that smells	<input type="checkbox"/>
	Something that makes a sound when you stand on it	<input type="checkbox"/>
	Something blue, red or yellow	<input type="checkbox"/>
	Something you can make a sound with	<input type="checkbox"/>
	Something cold or warm to touch	<input type="checkbox"/>

We would love to hear about how you are achieving your Daily Mile and how this makes you feel. Tell us your stories by emailing [thedailymile@northlincs.gov.uk](mailto:thedailymile@northlincs.gov.uk). Any submissions will be go into a prize draw, details of which can be found at [www.northlincs.gov.uk/nlactive/fitforlife](http://www.northlincs.gov.uk/nlactive/fitforlife). Further information and resources can also be found here. **#NLActive #NLgetmoving #Fitforlife**