

Sensory Walk Reflections

Directions: Write your reflections based on your experiences as the “blind” and/or as a leader on the sensory walk.

1. Describe the feelings you had as you were led on the sensory walk.
2. What was your most significant experience during this activity?
3. What did you discover about yourself during this walk?
4. Describe the person who was your leader based totally on what you experienced during the walk.
5. What kind of leader were you—patient, mean, irresponsible, trustworthy, caring, gentle, teasing?