

# Sensory Walk Leader Directions

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- Select a blindfolded person, one of the opposite sex if possible
- Keep perfect silence
- Lead your person through many different experiences:
  - touch things of various textures
  - go up and down stairs
  - listen to noises
  - smell flowers, leaves
  - bounce a ball; play simple catch; jump rope
  - (add other appropriate experiences)
- Stay within sight of the session director
- Be gentle; be careful; be trustworthy
- Try not to give yourself away
- **Bring the person** back to the group and remove the blindfold
- **Show the person** these directions and ask him or her to take one of the remaining blindfolded people for a walk
- Select another person to take for a walk