

Nature Sensory Exercise

The birds, mammals, and insects that live in PKOLS (Mount Douglas Park) rely on their senses for survival. In particular, salmon rely on their sense of smell to find their way back home to their home river where they were born, and where they will lay their eggs.

When we disrupt the natural environment, we take away an animal's ability to navigate, find food and water, reproduce, and communicate.

What are *Three Things You Hear*

- Water flowing, birds chirping, leaves rustling, insects buzzing, etc
- Cars, trucks, airplanes, construction, voices, footsteps on gravel, dogs barking, etc.

What are *Three Things You See*

- Trees, Leaves, Twigs, Moss, Tree Roots, Nests, Plants, Flowers, Animals, Insects, Clay, Mud, Rocks, Water.
- Bridge, Signs, Fences, Houses, People, Garbage/Litter, etc.

What are *Three Things You Smell*

- Damp moss, pine needles, flowers, blossoms, wood, decaying leaves, rain
- Smoke, food, fuel, chemicals, pollution, etc.

What are *Three Things You Feel*

- Warm, Cold, Wet, Dry, Earth, Water, Happy, Curious, Excited, etc.

Reflections:

When you are in PKOLS (Mount Douglas Park) do you hear/see/smell more things to do with nature? Or do you hear/see/smell more things that are caused by human activity?

What are some ways we can reduce the impact human activity has on wildlife in PKOLS (Mount Douglas Park)?

What actions can we take today?

What actions can we take in the future?