

Find something...

(This can be completed inside or outside. Tick the box when you have found something that matches the colour or texture. Don't forget to send your finds into us at Discover!)

Green

Smooth

Brown

Rough

Blue

Wet

Purple

Squishy

Orange

Hard

Yellow

Bumpy

Pink

Soft

Red

Spiky

White

Crunchy

Note for adults: One way to adapt this activity to suit different needs is to turn it into a sensory experience. Collect items that match each texture (the second column) and gently (with permission and explaining what will happen before you do it) rub the item against their skin so they can feel the different textures. They can either describe the texture to you, or you can use descriptive words as they feel the different textures. You could also do this activity with some gentle music in the background.