



SENSORY EXPERIENCE

Title	Sensory experience with materials from the garden and forest, living soil theme.
Skills	- social and civic competences; - communication and organisation.
Topics	- recreation; - responsible consumption; - intercultural dialogue; - intergenerational dialogue; - education for sustainable development; - social inclusion; - sustainable urbanisation; - attention to gender; - health promotion; - horticultural techniques; - horticultural therapy.
Target Groups	- boys and girls (3-11 years); - people with special needs; - young people (12-25 years);
Brief description	Sensory experiences are a tool that helps to understand and internalise topics and concepts from another point of view. They link abstract concepts with tangible reality, memories and personal experiences, facilitating understanding and retention of information. They integrate touch, sight, smell, hearing and balance, promoting a deeper and more meaningful connection with the topics covered. This activity aims, through stimulation of the senses, to get in touch with the subject of living soil, its formation, composition and care. Stones, sand and clay represent minerals that deteriorate due to the action of wind, water, light and temperature.





	Leaves, mulch and compost represent the organic, the input that comes from the decomposition of these materials together with that which comes from the mineral, their interaction over time, together and through all the intervening life forms (fungi, bacteria, insects, etc.), form the soil.
Objectives	- Get to know through the senses and experience the different materials that originate, form part of and improve the soil. - Sharing experiences among participants and together forming a picture of materials and the soil formation process. - Address concepts such as soil formation, living soil, conservation and regeneration.
Materials	for each person participating at approximately these amounts: - 1 Stone - 150 grams of sand - 150 g Clay - Dry leaves - small dry branches - 100 g Forest mulch - 150 g of compost - 150 g Earth - A container with some water - 1 bandage Chairs and tables for participants Blackboard and markers
Implementation	The group is divided into small groups of 8-10 people, who sit around a table and wear bandages. Each participant is given all the elements described in the list one by one and in the order given, first the stone, then the sand and so on. Each element is handed out and the person has about 1 minute to feel, smell and taste the material and then place it in front of them on the table. In this way, all materials are used. At the end each participant has all the materials in front of them.





	Next, each participant presents one of the materials in front of them in order. They recount their experience with that material with their eyes closed. At the end, the connection that each of these materials has with the garden, in particular with the soil, is briefly explained, and the formation process, composition (mineral, organic, water, air and life), living soil and regeneration are explored.
Evaluation	To assess the impact of the activity and at the same time to reinforce and internalise certain concepts, after the activity described above, small groups of 3-4 people can be formed and participants can be asked to answer two or three questions: for example: 1. What is soil and what is organic matter? 2. How does the soil form? 3. What impression, idea or experience do I get from the activity? In each group, one person is chosen to report and, in a nutshell, collect the contributions of all participants. Each participant answers each question in 2 minutes. First everyone answers question 1, then everyone answers question 2 and finally question 3. The rapporteur writes down everyone's contributions and at the end each group discusses the answers, summarises what was discussed and presents it in front of the whole group.
Tips	- Organise all necessary materials well and so that they are easy to distribute to all participants. - Do not let participants see the materials before handing them over. - Exercise in a shady, cool, pleasant and quiet space.





	- Conduct pre-exercise dynamics to get to know each other and build trust with and between participants. - Have a blackboard or poster board to collect the ideas, contributions and experiences of the participants. this allows the refractor to be fuelled by the contributions of each participant.
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