



Barefoot Safari

Work with the children to prepare a short route or simply go for it!

Incorporate a series of different surfaces en route, e.g. bark mulch, rounded gravel, fir cones, sand, pebbles, long grass, leaf litter and mud.

Encourage descriptive vocabulary of sensations and how the experience makes them feel.

Walking barefoot is a great health and wellbeing activity encouraging children to relax, improve their physical awareness and be more mindful of the sensations that they are experiencing in the moment.

