

Senses in the dark

Now the dark nights are getting earlier and earlier, why not make the most of them?

Take the children outside and explore what they can hear and smell in the dark. Turning off all outdoor lights and sitting in the dark surroundings will heighten their senses and make the sounds and smells much clearer.

Why not try their touch too? Have a feely bag, sit outside and touch different items from the outdoors such as leaves, twigs, conkers and stones. See if the children can tell what they are.



Remember, children may be afraid of the dark so you should ensure that they feel safe and secure and can join in only if they feel comfortable doing so.