

SENSORY DEPRIVATION MAP

WEST COAST TRAIL Beliefs & Values



THE ADVENTURE:

Imagine that you have arrived in a new environment. How will you find out more about your new surroundings?

Cover your ears with headphones and your eyes with a blindfold. Then, use your hands and nose to explore the world around you. Another Scout will guide you and help you avoid obstacles. As you go, tell your partner about what you notice. Your partner will keep track of the locations of each observation and transcribe them onto a map. If you have access, you can even use GPS units to record your observations. At the end, gather everyone's observations onto a single map to create a record of your observations.

DO:

- In your pairs, decide who will wear the blindfold and headphones first.
- The other Scout will lead his or her partner around the area within the boundaries.
- As you move around the space together, tell your partner what you observe using your other senses. What do you smell? What do you feel? Do you taste anything in the air? How do these observations change as you move through the space?
- Your partner will record your observations and mark the GPS coordinates of each observation.
- At the end of the walk, record all of the observations and locations from each partner on a single map.

PLAN:

- Where will you do this adventure? What boundaries will you set?
- What maps will you use?
- What do you know about your senses?
- How do you use your senses to explore the world?
- How will you make groups of two?

REVIEW:

- What do you know now that you did not know before?
- How did it feel to limit your senses of vision and hearing?
- How did you explain what you found to your partner?
- What did your other senses tell you about the environment?
- How were your observations similar to other Scouts'? How were they different?
- What would life be like if you lived daily with limited vision and hearing? How would that change your daily routine?
- What did you like about this adventure? What did you not like? How would you do this adventure differently?
- What elements of STEM were in this adventure? Science? Technology? Engineering? Mathematics?



SENSORY DEPRIVATION MAP

ONLINE RESOURCES:

- Sensory Deprivation
- You and Your Sense of Touch
- How Your Nose Works

MATERIALS:

- Blindfolds
- Earplugs or sound-canceling headphones
- GPS unit
- Paper and pen

SAFETY TIP:

- How can you stay safe when wearing a blindfold? Keep one hand out in front of you to protect you, and the other hand on your partner. Move slowly to avoid tripping or falling.



Image from www.softhook.com

