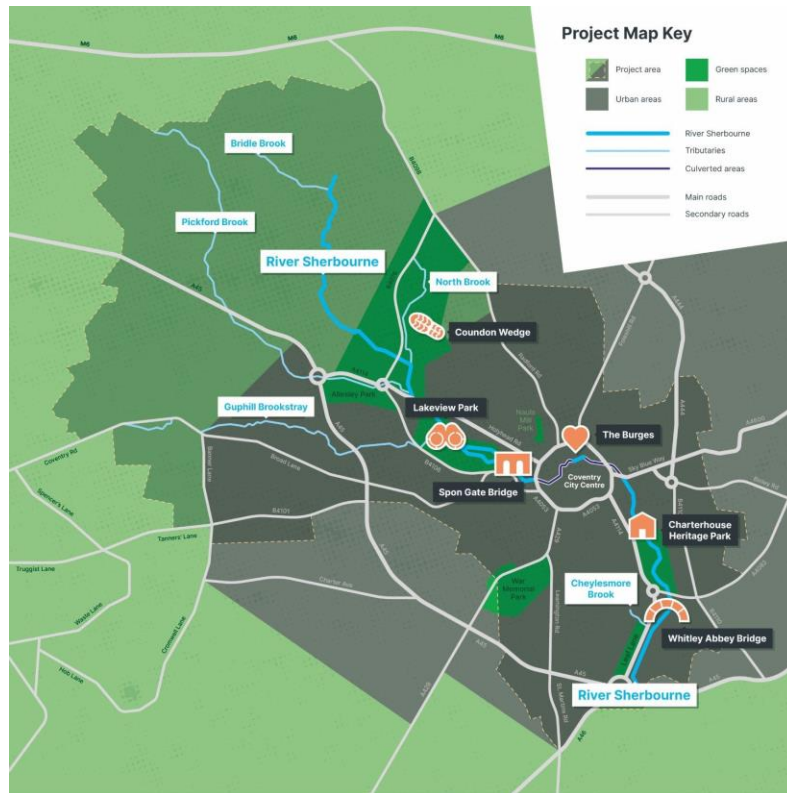


## Project Map



# The Sherbourne Valley Project

## Whitley Wellbeing Sensory Trail

### About us

We're bringing back the source of our city. For people, for wildlife, for the future.

Connecting the people of Coventry with the River Sherbourne and its rich and diverse heritage.

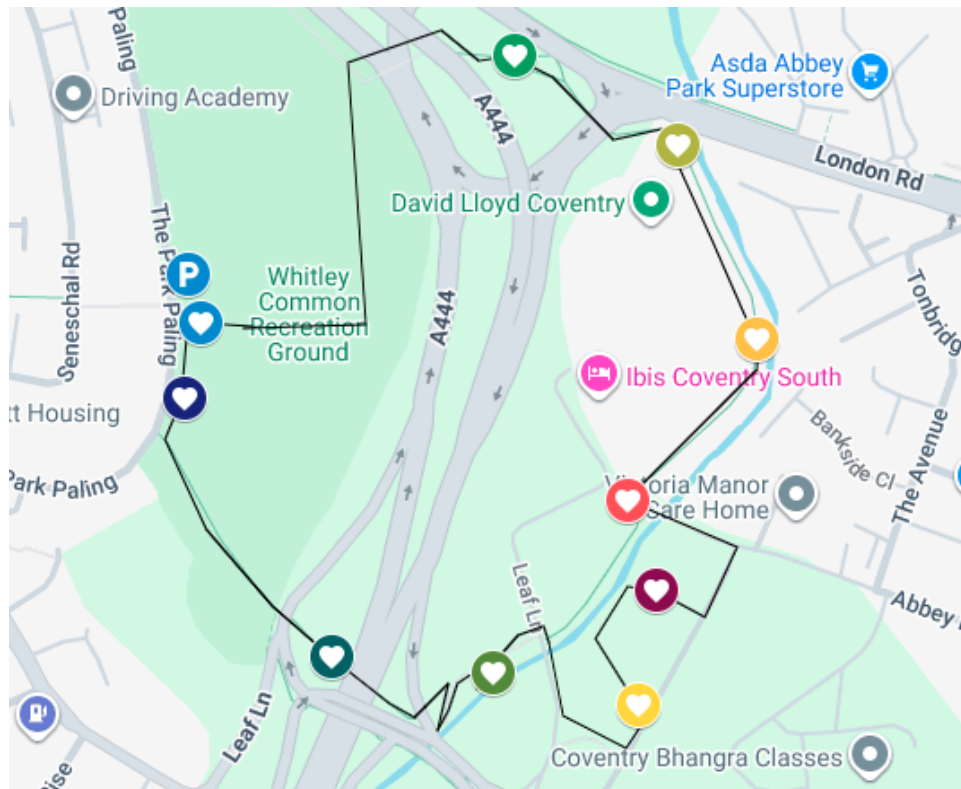
**For more information please contact:** [Sherbourne@wkwat.org.uk](mailto:Sherbourne@wkwat.org.uk)

Please follow us on Facebook for the latest information on events and activities @TheSherbourneValleyProject

A 2.15 km wellbeing walk around Whitley to encourage you to focus on the area around you exploring the different sights, textures and sounds using all your senses.



## Map



A walk to encourage you to focus on the area around you, exploring the different sights, textures, and sounds using all your senses.

This map and all the links to gain further information can be accessed online using the following QR code.



## Trail points

Look at the clouds 	Look at the clouds. Can you find animal shapes or landscapes in them? This is called 'Skychology': a fusion of the sky's vastness dwarfing our stresses and its therapeutic effects on our mind. In today's bustling life, sometimes the simple act of looking upwards can make a world of difference. An interesting article on this can be found here: <a href="https://unplugged.rest/blog/what-is-skychology-and-what-are-the-benefits">https://unplugged.rest/blog/what-is-skychology-and-what-are-the-benefits</a>
Light and shadow 	Take some time to look around you. Face the sun, close your eyes, and look up to it. Feel the warmth seep into your body. Now look around at how the light touches everything around you. Notice the shadows too. We can't have one without the other .
Rainbow of colours 	Can you find a rainbow of colours? Even better, can you collect a rainbow of colours with small objects you find and make a natural collage?
Reflections 	Does the water hold any reflections? Can you find anything else that reflects light or images? A water droplet, a shiny leaf or even your own eye.
Macro 	You can concentrate on tiny, hard to look at objects, by using your phone or a camera to zoom in close allows You to discover worlds within worlds.
Touch 	Can you find something smooth and something rough. Perhaps some bark from a tree, a pebble or some leaves. Take some time to really explore with your fingers. Close your eyes to see if that enhances the way it feels.
Faces 	We know that our minds can imagine faces everywhere there's a hint of two eyes and a nose, from cloud formations to car bonnets and plug sockets. This is technically known as face pareidolia. Look carefully around and see you can find faces in the objects that surround you.
Listen 	Take some time to explore this area and really listen to what you can hear. Use the Merlin app to help you learn about the birds you are listening too: <a href="https://merlin.allaboutbirds.org/">https://merlin.allaboutbirds.org/</a>
5,4,3,2,1 	On the last stretch of this walk, think about all your senses. Try finding 5 things you can see, 4 things you can feel, 3 things you can hear, 2 things you can smell, and 1 thing you can taste. This is a great grounding exercise you can complete at any time you are feeling anxious or overwhelmed.
Take 5 	As you return to your starting point, take 5 deep breaths. You can use your hand to guide you. Run your finger up another finger as you breathe in and down as you breathe out. You could also focus on a tree in the distance. Breathe in as you look to the top of the tree and breathe out as you let your eyes drift from the top to the bottom of the tree.

