Nature creates a natural, interactive sensory experience that can provide an equally therapeutic and stimulating engagement. We have seen first-hand how the forest can foster physical, mental, & cognitive growth & development for anyone and everyone. From watching toddlers develop into strong hikers as they stumble over tree trunks and up hills to hearing a child diagnosed as non-verbal say “tree” for the first time to learning about the medicinal benefits of simple weeds from one of our master gardeners. Sadly, not everyone has access to this experience at Kreher Preserve & Nature Center [KPNC], so we want to change that and take it a step further. Not only are we building an ADA [Americans with Disabilities Act] accessible trail at KPNC, we are creating an immersive, multi-sensory engaging nature trail designed to accommodate children & adults from all walks of life.

The KPNC Sensory Forest will highlight each of the five senses with a natural & interactive twist. The trail will feature accessible terrain, guide rails for the visually impaired, & prompts to encourage guests to use their senses to guide them through the trail. A sensory sanctuary midway through the trail will offer guests a safe resting area to step away if they are feeling overwhelmed or simply need a break.

To celebrate the launch of the Sensory Forest, we will host a public event on April 2 called Sensory in the Forest. Participating organizations and our Sensory Forest sponsors will set up a sensory station relative to their brand for families to learn about their products or services while engaging in sensory-based activities.

With your support, we will create a safe, inclusive space for our community to explore nature & engage in sensory-based play.

- Michael Buckman & Morgan Huggins
The Sensory Forest will be a half-acre area of forest, crisscrossed with trails, strategically near the main pavilion & handicap parking featuring an ADA accessible path to its entrance.

**WHAT?**
An ADA accessible, immersive, multi-sensory engaging nature trail at the Kreher Preserve & Nature Center featuring natural & interactive prompts to encourage guests to use their senses while exploring the forest.

**WHO?**
Sensory trails are often planned specifically for people with disabilities, especially people with sensory impairments, but encouraging engagement through more of one's senses is of benefit to all ages & abilities.

**WHY?**
Sensory play supports language development, cognitive growth, fine and gross motor skills, problem solving skills, and social interaction for children & adults.

**WHERE?**
The Sensory Forest will be a half-acre area of forest, crisscrossed with trails, strategically near the main pavilion & handicap parking featuring an ADA accessible path to its entrance.
**SENSORY FOREST**
KREHER PRESERVE & NATURE CENTER

- **Donor Recognition Sign**
  at trailhead entrance

- **Braille Signs**

- **ADA Accessible Trail**

- **Trail Designating Guide**
  for visually impaired to follow trail

- **Sensory Sanctuary**
  to Escape from Sensory Overload

- **Sensory Guiding Signs**
Touch is thought to be the first sense that humans develop, according to the Stanford Encyclopedia of Philosophy. Touch consists of several distinct sensations communicated to the brain through specialized neurons in the skin. Pressure, temperature, light touch, vibration, pain and other sensations are all part of the touch sense and are all attributed to different receptors in the skin. Touch isn't just a sense used to interact with the world; it also seems to be very important to a human's well-being. For example, touch has been found to convey compassion from one human to another.
Prompts will encourage guests to use their eyes to identify & investigate what they see in nature. Interactive elements may include in depth visualizations of the natural landscape through magnifying glasses or clear containers [shown], shape sorting [shown], mirrors [shown], areas of intense color for the partially sighted, & more.

Sight, or perceiving things through the eyes, is a complex process. First, light reflects off an object and travels to the eye. The transparent outer layer of the eye, called the cornea, bends the light that passes through the hole of the pupil. The iris (which is the colored part of the eye) works like the shutter of a camera, retracting to shut out light or opening wider to let in more light.
This sense works via the complex labyrinth that is the human ear. Sound is funneled through the external ear and piped into the external auditory canal. Then, sound waves reach the tympanic membrane, or eardrum. This is a thin sheet of connective tissue that vibrates when sound waves strike it.

Natural & recycled elements will be used to create musical elements in the hearing portion of the forest. Bamboo shoots will be arranged for guests to thump on, recycled glass will create colorful windchimes, grasses and leaves will rustle in the wind, and birdsong will be all around.
The smell & taste sections will be an extension of our sensory garden that has become a guest favorite at KPNC. Fragrant, native plants will be planted strategically along the trail. Prompts will highlight the scents & encourage guests to differentiate the change in smells as they move from one plant to another.

Dogs are known as great smellers, but research suggests that humans are just as good as man’s best friend. Research published in the May 11, 2017, issue of the journal Science suggests that humans can discriminate among 1 trillion different odors; it was once believed that humans could take in only 10,000 different smells. Humans have 400 smelling receptors. While this isn’t as many as “super speller” animals, the much more complicated human brain makes up for the difference.
The sense of taste aided in human evolution, according to the NLM, because taste helped people test the food they ate. A bitter or sour taste indicated that a plant might be poisonous or rotten. Something salty or sweet, however, often meant the food was rich in nutrients.

Our goal is to have edible opportunities on the trail year-round. Edible plants will be highlighted on the trail with a garden of edibles available for guests to taste & engage their tastebuds.
# Sensory Forest

**Kreher Preserve & Nature Center**

<table>
<thead>
<tr>
<th></th>
<th>Oak</th>
<th>Sapling</th>
<th>Sprout</th>
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<td>2022 Sensory Forest Printed &amp; Digital Materials</td>
<td>KPNC Newsletter Recognition</td>
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WHAT IS A RENEWABLE SPONSORSHIP?

Each sponsorship level is an annual, renewable sponsorship. The renewable sponsorship allows us to set sponsorship pricing at a reasonable price point, giving small businesses an affordable community sponsorship opportunity. This also means you’ll hear from us every year to see if you’re interested in supporting again. The sponsorship price may change slightly each year based on the needs of the Sensory Forest and the KPNC.

IS MY SPONSORSHIP TAX DEDUCTIBLE?

KPNC is a 501(c)3 non-profit and all donations are 100% tax deductible. The KPNC is supported entirely by donations and program revenues.
Kreher Preserve & Nature Center is a 501(c)3 non-profit outreach extension administered by Auburn University School of Forestry & Wildlife Sciences. Our mission is to promote a sense of stewardship towards nature through quality environmental education, recreation, and outreach programs with Auburn University and its community partners.

Since its endowment to the School of Forestry and Wildlife Sciences, Kreher Preserve and Nature Center has continued to evolve into a first-class discovery and nature center with exciting programs offered throughout the year. In keeping with its mission, KPNC fosters a greater sense of appreciation and understanding of our environment with many nature-based programs such as: Woodland Wonders Nature Preschool, Nature-Based Play Classes, Discovery Hikes, Nature Walks, School Programs, Youth Camps, Adult Workshops & Classes, Educational Exhibits, Wildlife Study Programs & more.

Images displayed are from similar sensory trail experiences & not exact representations of the KPNC Sensory Forest.

RESOURCES:
Massachusetts Institute of Technology
American Optometric Association
National Library of Medicine
American Rhinologic Society