

01

Diversity all around you

Summary: **Sitting with your eyes closed, count the number of different plants around you using only touch**

Possible configurations: **Alone or in groups with a game master** (*indication in italics*)

Senses mobilised: **Touch, Sight**

Duration: **About 4 minutes**

Associated SPOT programmes: **Blooming heights/AAC, Phénoclim**

Even sitting in the grass, there are often more plants than you think. When doing this immersive session/activity, don't necessarily look for a specific place to do it and let yourself be surprised!

- Make yourself comfortable, sitting or squatting in the posture that suits you best (*make sure that participants leave enough space between them*)
- Close your eyes, stretch out your arm and draw an imaginary semi-circle on the ground in front of you
- Still with your eyes closed, explore this semi-circle for a few minutes by touching and trying to distinguish the number of different plants present in this semi-circle (*be careful not to pull out or pick the plants*)
- Ppen your eyes and count how many different plants you see in your semi-circle
- Is this number the same as the one you found? (*don't hesitate to ask them questions to encourage participants to express themselves, if certain plants are similar to the touch, are they more distinguishable by sight? or vice versa?.*)
- Continue by carrying out a protocol of your choice from those indicated

The aim of this activity is to become aware of the great diversity of plants that surround us, diversity in form and colour, but also in the seasonal rhythms that are not necessarily the same.