



Baltimore Woods  
Nature Center  
*Nature in your hands*

# Night Senses

Humans have evolved to be afraid of the dark. In the dark we cannot rely on our sense of sight to spot any nearby threats. Thankfully we live in a time when the dark is not as threatening and we have lights to aid our sight. Since we have grown so used to not being in complete darkness it can be interesting to sit in the dark and notice our other senses.

For this weeks activity, go outside to your yard at night and turn off all the lights. Close your eyes and sit with the darkness for a few moments. Notice any noises you are hearing, anything you smell, and how you are feeling. Our other senses can become much sharper when we cannot see.

Experiment with this activity, try it during different times of the year and in different places to see if you notice anything new.



*Can you see the fox?*



*Nature is beautiful in darkness, too.*