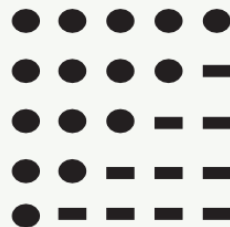
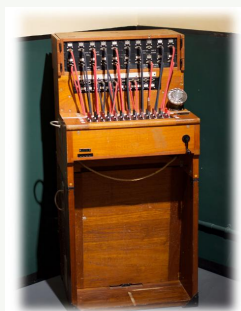





5.4.3.2.1




Use your senses to explore our museum and sculpture gardens



Look  carefully as you go around the Museum.  
What **5** new things can you **SEE**?

5

4

Listen  carefully in the museum, tunnels and gardens.  
What **4** new sounds can you **HEAR**?

Find the costume displays in the museum. How do you think it might **FEEL** to be wearing one of these costumes?

What **3** different things can you **TOUCH** that you are wearing or have with you today.

3



2 Our Displays have hidden **SMELLS!**  
Can you name **2**?



Cable workers used to be sent a long way away from home to work in different countries.  
No home cooking!



1



# 5.4.3.2.1

## Notes for parents/group leaders

Our 5.4.3.2.1 trail is based on a Healthy Cornwall calming technique and focuses on using your senses to explore a new or unfamiliar environment. This trail is designed to encourage engagement with our exhibitions, displays and gardens within our unique story and environment. We hope this supports a more mindful experience during a visit to our Museum.

5: There are lots of things to see in our exhibitions from Victorian electrical equipment to 21st-century optical fibres.

4: The main exhibition hall, the tunnel entrance and our sculpture gardens all have their own background sounds as well as several of our video presentations.

3: Due to Covid -19 risks we are asking all visitors to currently look but not to touch our displays. Explore your own your own belongings and see what different materials you can find to touch.

2: There are three specific smells within the map of cables in the main hall. Can you spot coffee, cloves or cinnamon?

1: Think about what life might be like to be far from your family for months or even years at a time. What would you miss? You may have been isolated from your friends and family recently during lockdown, were there any foods that you missed sharing with them?

For more information about mental health awareness visit [healthycornwall.org.uk](https://healthycornwall.org.uk)