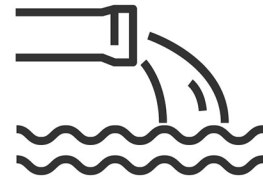




Just listen



Where to start: This exercise asks kids to focus their attention and then notice and report what they hear. You can start by doing it together and talk about the different sounds. Cars? Dogs barking? Wind? Neighbors? Someone running water in the kitchen?

Prompt: Sit quietly for a few minutes and listen. Now write down the sounds you heard. What do you think made each sound?

How to go deeper: Try this several times at different times of day and compare the sounds you hear in the morning, in the daytime, and at night time. Which is the quietest time? Which is the loudest? (Use the back of this page to write.)