

Listen to the sounds of nature



Awaken your senses



Under 15 mins

What to do

Lie down on your back (or sit if the ground is wet) and close your eyes for one minute.

How many different natural sounds can you hear? Count them on your fingers as you go.

Things to think about

- How did lying still and listening make you feel?
- Which was your favourite sound? Why?
- Did you hear any animals? From the sound they were making, how do you think they were feeling? Why?

