



Sound fists

Relax and listen to the sounds of nature.
Can you recreate what you hear?

You will learn

To value the outdoors

Enjoy being outside, feel comfortable in nature,
and feel connected to the natural environment.

You will need:

- access to outdoor space



Listen carefully

- 1 Everyone should meet in a location where there is outside space. This could be at your meeting place or somewhere local to you, like a park.
- 2 Everyone should sit or stand quietly in a circle. Everyone should hold their closed fists out in front of them, close their eyes, and listen to what is around them.
- 3 When anyone hears noise, they should put up one finger. Keep putting up one finger at a time when you hear different sounds.
- 4 Everyone can open their eyes and look at how many fingers everyone is holding up. How many different noises did everyone hear? Talk about what you heard.
- 5 Can anyone recreate a noise they heard? Use your voice, or items you can find nearby.

Reflection

Time	Activity
 5 minutes	<p>This activity was all about valuing the outdoors by connecting with nature. Nature has a thousand different voices if you stop using yours and take the time to listen for them. What sounds did you hear? Was it something natural or was it manmade? Did you enjoy the sound that you heard - why or why not?</p>
	<p>There might be lots of sounds that we miss every day because we don't take the time to stop and really listen. Next time you're out and about take the time to stop, listen, and think about what is around you. You might be surprised at what you find.</p>



Change the level of challenge

Step it up by asking everyone to identify what made the noises they heard. Make it easier by just counting the noises without recreating them.

