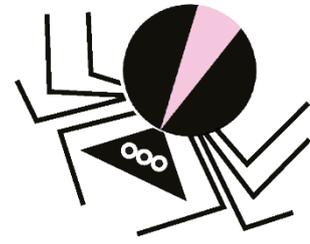


# Sound Fists



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

Time | 15 mins

Cost | Free

Location | Outdoors/At Camp/At a centre

Group size | Whole Section

## You will learn

Value the Outdoors

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

## You will need

- Access to outdoor space



## Emotion

Feel joy, wonder, and calm when interacting with the natural world.

[Discover the five pathways to nature connectedness](#)



## 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 mins	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?
	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.

### 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.

### Make it accessible

- Make sure the area you choose is suitable for everyone in the group.
- Consider using signs, mimes, or action to describe the sounds or the things that made them. This would make the game quieter, too.

All Scout activities should be **inclusive and accessible**.

## Safety

All activities must be safely managed. Use the [safety checklist](#) to help you plan and risk assess your activity. Do a [risk assessment](#) and take appropriate steps to reduce risk. Always get approval for the activity and have suitable [supervision](#) and an [InTouch](#) process.

- **Outdoor Activities**

You must have permission to use the location. Always check the weather forecast and inform parents and carers of any change in venue.

- **Visits away from your meeting place**

Do a risk assessment and include hazards such as roads, woodland, bodies of water (for example, rivers, ponds, lakes, and seas), plants, and animals.

You'll probably need more adult helpers than usual. Your risk assessment should include how many adults you need. The young people to adult ratios are a minimum requirement; when you do your risk assessment, you might decide that you need more adults than the ratio specifies.

Think about extra equipment that you may need to take with you, for example, a first aid kit, water, and waterproofs.

Throughout the activity, watch out for changes in the weather and do regular headcounts.

