

## **Listening to nature around the world.**

For this week's mindfulness staff will need access to the a speaker, the nature sounds map and children will need to be prepared to use their good listening ears and their imaginations. This could be a good transition activity at the start of the day or after lunchtime.

Each day choose one of the sounds from anywhere on the sound map and play it, asking the children to sit silently and comfortably with their eyes closed (if they feel comfortable to do so).

<http://www.naturesoundmap.com/>

After playing the sound encourage full group discussion;

What do the children think the sound was?

Where they think it might be heard in the world?

And most importantly how did it make them feel?

Hopefully words like relaxed, calm, interested, happy will come up and you can then explain to them how they were being mindful in that moment that they were listening. Encourage them to start to pay more attention to what they can hear from day to day- especially when in nature.