

caring hearts

Ages 1 and up



Hearing hunt - tune into nature

This is a great activity to encourage children to 'tune in' and expand awareness of their surroundings and deepen their appreciation for the natural environment, as well as practising gratitude.

Learning benefit/skill development

- Science: learning about our body and our senses.
- Health & wellbeing: moving one's body and navigating the outdoor environment is excellent for health and wellbeing as it often engages large muscle groups and supports gross motor development.
- Language: encourages children to actively use descriptive language.
- Environment: supporting an early connection with Mother Nature and appreciation of the natural environment fosters a sense of responsibility and understanding of sustainability.

Instructions

- Go for a walk outside with your child and pause every so often to tune into your surroundings.
- Ask your child what can you hear? Birds tweeting? Dogs barking? Footsteps? The wind in the trees?
- Make a note of everything you hear (in pictures, words or through conversation depending on what is age-appropriate for who is completing the activity).

Inclusive opportunity:

You may want to modify your language and observations or make it more about what you 'see' rather than hear, to ignite curiosity in your child (your learning partner).