

Fistful of Sounds

A quick activity which can be done anywhere without need for any resources that encourages focus on and awareness of surroundings through our sense of hearing.



You will need:

- Any outdoor area, if possible with trees or hedgerow

What to do:

1. All stand very quietly and hold up one hand with fingers outstretched.
2. For every sound that you hear, fold down one finger until they are all down (this maybe done with eyes closed to increase focus).
3. Discuss the sounds heard – which are man-made, which are in nature? Which are dominant, which are background, which need to be listened for more carefully. What is the quietest sound heard?
4. Did anyone hear birdsong?
5. Try again recording only natural sounds or only birdsong – who can get to 5 different sounds, or maybe even 10.
6. Try this at different locations and at different times and compare.
7. Can we imitate the sounds we hear? What could we use around us to make a similar sound? Have different children/groups make different sounds and compose a symphony!
8. Or concentrate on birdsong – how many different calls are heard, can they spot the caller, can they imitate the sound, over time can they learn to identify different species from their call.

