

Nature Play

Senses, often underused, such as sound, can heighten a sense of awareness and promote mindfulness. This can be especially true in an unfamiliar environment, including walking through the countryside with family.

Step	Sounds
1	Pause and listen
2	What can you hear that is nearby?
3	What can you hear that is far away?
4	What is the loudest sound?
5	What is the quietest sound?
6	Can you walk without making a noise?