

Mindful Listening

Taking time to pay attention to things around us can help us feel calm and happy. Become aware of the sounds that fill our day. Listen out for the sounds below and see if you can say whether the sounds are loud or quiet.

<p>Can you hear an Aeroplane? How does it sound?</p> 	<p>Can you hear the Birds sing? How does it sound?</p> 
<p>Can you hear a Train? How does it sound?</p> 	<p>Can you hear an Alarm Clock? How does it sound?</p> 
<p>Can you hear a Television? How does it sound?</p> 	<p>Can you hear the Rain falling? How does it sound?</p> 
<p>Can you hear a Watch ticking? How does it sound?</p> 	<p>Can you hear a Dog barking? How does it sound?</p> 
<p>Can you hear an Ambulance siren? How does it sound?</p> 	<p>Can you hear the wind rustling the leaves on the trees? How does it sound?</p> 

Activities

- Select two sounds from the list above that you like to hear and write a sentence about them.**
- Select two sounds from the list above that you don't like to hear and write a sentence about them.**