

# *Fistful of Sounds*

**Objectives:**

Children will use their listening skills to hear the variety of sounds in nature.

**Grade Level:** Preschool-K

**Materials:**

none

**Directions:**

1. While walking outdoors, have the children stop and have each child find a quiet place to sit.
2. Have all the children raise a hand with their fists closed, and be as silent as they can.
3. Each time a child hears a sound, he or she should raise one finger. Continue to listen for sounds until all the children's fingers are up.
4. At the end of the quiet time (usually only a few minutes), have the children share the variety of sounds they heard.

