



Listening to Nature

What time of day did you sit and listen to nature: (circle one)

Morning

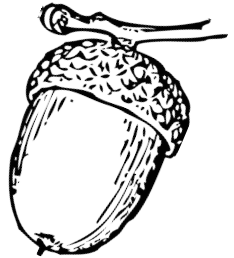
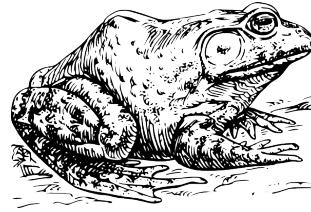
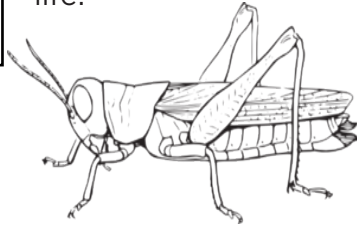
Evening

Afternoon

Night

Nature never sleeps and is really noisy, but sometimes you have to slow down and quiet yourself before it can be heard. While walking along the beach, in the forest, or desert find a place where you can sit without being bothered for 10 minutes. Listen to what is happening around you. Can you hear the call of a nearby bird? Or the slightest rustling of the leaves?

When you calm and quiet yourself, the world around you comes to life!



Keep track of the sounds you hear and who/where you think they came from!

Handwriting practice area with ten horizontal lines inside a blue wavy border.