Ages: 4-5

A quiet walk to find sounds

35 min · outdoors · all year round



Prep:

- Clothes suitable for the weather
- A4 sheet and pencil - for the adult
- A3 sheet and coloured pencils - for the map at home
- Timer

Step by step (~35 min):

1. Choose a short, familiar route with three places where you can stop and stand safely.
2. Agree at the start to walk silently between stops. Talking makes listening harder.
3. At each stop, your child closes their eyes for ten seconds on the timer. The adult keeps their eyes open to watch the road.
4. Afterwards, your child names two sounds: one near and one far away. The adult writes down their exact words, such as "rustling" or "humming far away".
5. At home, draw the route with three circles for the stops and add a sound symbol at each one: a wave, dots or a zigzag. Try making two of the sounds with your voices.

If it’s not working: If your child is distracted by things they see, stop somewhere quiet and listen for just ten seconds. One near sound and one distant sound are enough.

Playing together: A child aged 2-3 points out a direction; a child aged 4-5 names or imitates a sound; an older child keeps track of the route and marks the stops on the map.

Make it your own: Listen for a high and a low sound, imitate one with your voice or draw it as a straight, broken or wavy line.

Let’s talk:

- "Which sound was closer?"
- "How could we make it with our voices?"
- "Which sound had you never noticed before?"

Stay safe: Agree on the route and boundaries beforehand. Your child stays close to the adult, and everyone follows the rules of the place you choose.

Why try this:

Your child listens for details, compares sounds and chooses how to represent them. Together, you notice things you would usually walk past.