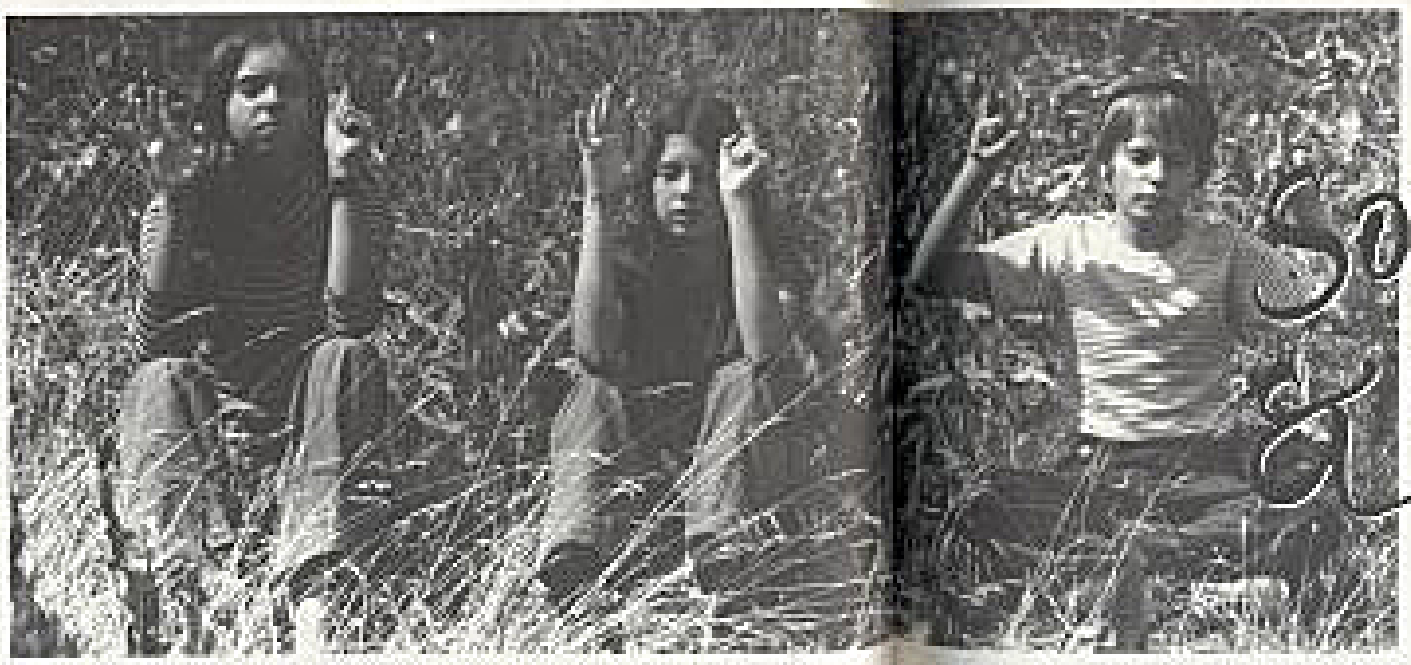
A. Focus Attention
B. Auditory awareness
C. Day and night/ anywhere
D. 1 or more
E. 3 years and up
F. None

IN A FOREST, meadow, marsh or park, a group of children sit or lie down on their backs with both fists held up in the air. Every time someone hears a new bird song he lifts one finger. Who has the best hearing? This is a wonderful way to make children aware of the sounds (and the stillness) of nature. For fun, see if you can count to ten without hearing a bird song. Vary the game by listening for general animal sounds—or for any sounds at all, like wind in the grass, falling leaves, rushing water. See if you can follow the wind as it flows through the forest.

A. Focus Attention
B. Visual awareness
C. Day/anywhere
D. 1 or more
E. 4 years and up
F. None

To get children to concentrate more deeply on any natural setting, ask them how many different colors and shades of colors they can see in front of them without moving from where they are standing.



Sounds & Colors