

# Nature at home

Experience the magic of  
Forest School from home!

## A Fistful of Sounds

*A listening game for ages 5 and up.*



Find somewhere quiet to sit, preferably outside but by an open window is fine.

Step One

Hold out your hand and make it into a fist like in the picture. Now close your eyes and listen to the sounds you can hear. Some will be nearby, and some will be far away.

Step Two



Step Three

Each time you hear a different sound, put up one finger or your thumb. When you have heard five sounds, open your eyes.

Step Four

Go through each finger remembering what sound that was that you heard. Can you remember which direction it came from? Was a natural sound or was it man-made?

Did it make you feel anything? Maybe happy or excited or peaceful?

When you have finished, you can pop each sound behind your ear for safe keeping and see if you can remember them later.



City of Westminster



THE ROYAL BOROUGH OF  
KENSINGTON  
AND CHELSEA