



MINDFULNESS

20 DAY CHALLENGE

1999-2019

20

YEARS

OF Premier Education

Listen Like a Bat

Sponsored by Premier Education

Overview: Go on a “sound hunt” to build a picture of the world around you, just like a bat.

Time: 20-30 minutes.

Equipment required: Playground or outdoor space, pencils and paper.

Benefits:

- Learning to identify and connect sounds with objects.
- An exercise in being quiet and aware of the sounds they’re hearing and making.
- Improves awareness of the world around them and engages their imagination.

Listening:

1. Explain to the children that bats have very bad eyesight and hunt at night, so they rely heavily on their hearing.
2. Take the children to an open space, preferably outdoors, and have them walk around, covering all the different areas.
3. Encourage them to be as silent as possible as they move around the space.
4. The children can now notice all the sounds - quiet and loud, close and far away.

Recording:

1. As they move around, each child notes down what they can hear - they can describe the sound it makes and take a guess as to what they think it is.
2. Challenge them to find a noise they’ve never noticed before.
3. What do they hear that’s close? What do they hear that’s far away?
4. For the last few minutes, ask them to draw a picture of the space around them. Fill the page with quick doodles of all the sources of sounds they could hear.