

My gentle listening walk

Listen with a grown-up. Draw a sound you hear in each box. It is fine if one sound fits more than one box.

YOU WILL NEED · Paper, a pencil, and a quiet place beside a grown-up.

A soft sound

A nearby sound

A faraway sound

Enjoy with a grown-up. There is more than one wonderful way to draw.

First. Next. Last.

Draw each moment. Tell a grown-up how one moment leads to the next.

1. Hear a sound

2. Stop and listen

3. Find the hen

A little moment together.

Take turns making a gentle clap, tap, or hum. Close your eyes only while sitting safely. Guess the sound, then switch roles.

Draw what you tried

What did you notice? A grown-up can write your words.

Your imagination belongs here.

Imagine a tiny rustle outside the barn. What friendly animal might be making it?

Our story begins...

Then something happens...

Our happy ending...