



CONNER PRAIRIE

BRINGING NATURE TO YOU

Recommended for any grade.

This activity will help your students relax and give their thinking minds a rest, preparing them to reengage with other classroom learning activities.

OBJECTIVES:

After a few minutes listening and reflecting on the sounds of nature, students will be able to:

- Listen for and recognize the sounds they hear on the audio recording
- Be encouraged to listen to their bodies and rest

What to do:

- Invite students to find a comfortable place to stretch out. Students will need a space that allows them to not be touching another student.
- Keep lights on or turn them off. If off, please leave a window blind open or use a small, soft light.
- Tell students they will be listening to sounds from nature and they will need to make a mental note of the sounds they hear.
- Play the audio from www.youtube.com/watch?v=eKFTSSKCzWA
- Make a class list of what was heard.
- Listen a second time and pay attention to how their body feels as they are listening.
- Ask students to describe what they noticed. Possible questions to prompt conversation:
 - 1) Do you like the sounds? Why or why not?
 - 2) Do these sounds remind you of something?
 - 3) What connections can you make?
- With the class, decide on a time of day you need a 1 minute break.
- Extend it for older students: What is the physiological effect of sounds of nature on the body (emotional and physical) - research it and design ways to incorporate nature into your school both inside and out. Write a persuasive essay on the health benefits of "Connect With Nature" time in the school day.