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=eKFTSSKzWA
• 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.