

Essential ingredients for healthy development

SENSES

Play,
movement
and time
outside



Activity ideas

Sound

We hear with our ears. We learn to recognise different sounds and to notice where it is coming from and whether it is loud or soft. Children need to learn how to focus on one sound and ignore background noises. We use and make sounds to talk. Sounds can help us feel good (music) and protect us from danger (startle response to unexpected noise).

- ➔ Go for a listening walk. You can make a scavenger hunt list or just explore what you hear. Find out more here: raisingchildren.net.au/guides/activity-guides/listening-walk
- ➔ Discover the wonder of listening to a shell or creating an echo inside a cave
- ➔ Play games like “Marco Polo”
- ➔ Take time to sit quietly and listen to just one sound.
- ➔ Collect different natural elements to make musical instruments. See these links for some inspiration:
 - » A gum leaf whistle www.google.com/search?q=gum+leaf+whistle&rlz=1C1AZAA_enAU894AU894&oq=gum+leaf+whistle&aqs=chrome.0.0l4.3410j0j7&sourceid=chrome&ie=UTF-8#kpvalbx=_czoXX8-LD-6e4-EPruOcsAk32
 - » Percussion instruments www.tinytappingtoes.com/uncategorized/all-natural-instruments-sticks-stones-and-bamboo-percussion-for-kids
 - » Understand the cultural background of different instruments www.themusicstudio.ca/blog/2019/07/7-instruments-made-from-nature

Make it easier

- Young children learn to understand what they hear with other senses so find things they can see and touch and playfully explore starting and stopping sounds.
- Talk about what you hear and repeat sounds back and forth with children, even before they can talk. Watch your child and get down to their level, wait and allow time for them to start (it may be a sound, eye gaze or gesture to show interest), respond to their interest e.g. “What’s that noise? ... oh, look a bird is talking to the other birds?...Can you talk like a bird?” Mimic the sound (your child does not care about your accuracy in bird calls). Look back to your child and wait for their turn.

Add challenge

- + Add memory, speed or time challenges to the activity with some friendly competition.