

EduTrend Contents

G4C · MINDFULNESS AND RELAXATION GAMES · PRIMARY

Sound Safari

A short listening game where children collect sounds silently and share one each

Ages 4–8	Level: Foundation	20 minutes	Whole class or family · any number	Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

Sound Safari

Everyone sits comfortably. The adult rings a bell or chime once and says, “Let’s collect sounds.” Children listen silently and count on their fingers each different sound they hear: a car, a bird, a cough, the heater. When the bell rings again, children share one sound each. The game is repeated outdoors so children can compare the indoor and outdoor sound lists.

Learning outcomes

By the end of the session pupils can:

- listen closely for a short time;
- notice and name sounds;
- settle after activity;
- compare different places.

KEY WORDS

listen · notice · sound · quiet · bell · compare

CURRICULUM LINKS

PSHE: calm and focus. Science: sound. English: describing words.

1	2	3	4	5	6
SETTLE	**EXPLAIN**	**PLAY**	**NOTICE**	**TALK**	**CLOSE**
Calm start	One game, clear rules	Invented characters	Clues and feelings	Different views are fine	Calm and positive

Materials (whole group)

- Small bell or chime (optional)
- Worksheets 1, 2 and 3

Before the session

- Choose a comfortable spot.
- Practise the bell signal.
- Plan an outdoor repeat.
- Keep the first round short.

SAFETY

Invite, don’t insist; sitting quietly with eyes open is taking part.

ACTIVITY 01 · SESSION PLAN

Step by step

Two to five minutes of listening is plenty for younger children.

Time	What happens	Say or ask
0–3 min **Settle**	Sit comfortably.	*"Can you get really still?"*
3–5 min **Explain**	Bell signals.	*"What will you do between the bells?"*
5–15 min **Play**	Two or three listening rounds.	*"How many sounds did you count?"*
15–20 min **Close**	Share and compare.	*"Which sound was quietest?"*

CHALLENGE CARD (print or copy onto the board)

Collect as many different sounds as you can in silence, then share the most surprising one.

ACTIVITY 01 · FACILITATOR NOTES

The calm game know-how in brief

Paying attention to one sense for a short time is a simple way to practise noticing and pausing.

Short, regular calming games at transition times can help children recognise a signal to settle.

Common ideas to listen for

- “Mindfulness means emptying your mind.” It means noticing.
- “You must close your eyes.” Eyes open is fine.
- “Silence is boring.” There are many sounds to find.

Adapting the activity

Support

Listen for just one minute and name one sound.

Stretch

Sort sounds into near and far, or loud and soft.

WORKSHEET 1

Sounds collected

Name: _____ Class: _____ Date: _____

Indoor and outdoor.

Sounds collected

Sound	Indoor or outdoor	Loud or soft

WORKSHEET 2

Near and far

Sort sounds.

Near and far

Near	Far

WORKSHEET 3

My favourite sound

Draw or write.

The sound I liked best was...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Listens quietly	Names sounds	Settles

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Sound Safari is a sample activity from the EduTrend Contents G4C Mindfulness and Relaxation Games programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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