



High Weald Hero Activity Card

Silent Listening



Equipment: A blank postcard and pencil for each participant

Location: A quiet outdoor space

Audience: KS 1 & 2

Time: 20 minutes

A series of quiet reflective activities to help children engage with their surroundings.

Activity Description: This activity is made up of 3 parts - Silent Stalk, Hands Up and Sound Recording. The parts can be done together or as separate stand alone activities.

Begin with **Silent Stalk**. Get the group to gather around you and in a quiet, low voice ask the group how they think people from the Stone Age would have hunted, what types of weapons would they have had? Explain that silently stalking the animals was one way to hunt and capture food. Encourage the children to walk quietly, listening out for animals and treading lightly on the ground. You may wish to direct the children to walk to a particular point. After a few minutes, or once they have reached their destination, ask the children what was heard or seen on the way. Reflect on what might be heard if you were on a busy street or near a road to reinforce the value of quiet surroundings.



Hands Up - ask the children to stand still and close their eyes. Instruct them to listen very carefully and put their hands up once they have heard 5 different sounds. As an extension, you could ask them to put up their hands when they have heard 5 different animals, bird songs etc.



Sound Recording - ask the children to spread out (within a given area) and, individually, choose their favourite spot. They now stand or sit here, by themselves, in total silence. Bring the group back together. Did they hear different things than when they were together as a group? What was their favourite sound? Give each of the children a blank postcard and a pencil and let them return to their favourite spot. They now need to sit quietly and use their cards to record (draw or write about) all the sounds that they can hear. Once the group is back together, encourage the children to show each other their sound recording cards.

High Weald Teaching Point: Think about the sounds that you have heard today - would you always have been able to hear them? What noises would not have been heard 5 years ago, 100 years ago etc? During the Roman and Tudor times, iron would have been mined and smelted in the High Weald - think about the different noises you would have heard during this time e.g. hammering, digging and roaring furnaces.



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