

Learning and Reflection Activity: A Listening Walk

Practicing sound observation in nature



 In this activity, you will practice sensory observations by completing a mindful listening walk in nature to identify and record sounds in your environment. After you noticed these sounds, pay attention on how completing the activity makes you feel and reflect on what positive emotions and feelings you might experience.



Welcome to your surroundings

Nature is full of hidden details that we often miss when we are busy. By slowing down and focusing on our sense of hearing, we can learn more about the world around us. This practice helps us stay calm and connected to our environment, which is especially helpful for young people who experience health challenges like epilepsy. Focusing on gentle environmental sounds can be a soothing way to engage your brain and body.

Term	Definition
Sensory Awareness 	A Sensory Awareness is the act of noticing the information we receive through our five senses, like hearing or sight.
Mindful 	To be Mindful is to focus your full attention on the present moment in a calm way.
Environment 	An Environment is the natural world or surroundings in which we live and move.

Read and prepare

Please read the following passage carefully. As you read, ask yourself: How can focusing on small sounds change how I feel in a natural space?

A listening walk is a simple way to explore the outdoors. To begin, find a quiet place outside, such as a park or a garden. Walk slowly and take small, steady steps. Every few minutes, stop moving completely. Close your eyes if you feel comfortable doing so, and just listen.

Try to notice how many different sounds you can hear at once. Are the sounds far away or very close? You might hear the soft rustle of leaves, the chirping of birds, or the distant hum of wind. Think about how these sounds layer on top of each other. Some sounds are steady, like wind, while others are quick, like a footstep on a twig.

This activity helps your brain focus on one sense at a time. It is a great way to practice patience and deep observation.

Connect the ideas from your reading to the practice of observing nature. Complete the table in the next page to show what you have learned.

Key Concept	Your Understanding	Why is this important?
Mindful Listening 	<i>Paying close attention to sounds around you.</i>	<i>It helps us feel calm and present.</i>
Observation 		
Environment 		
+ Any other observations 		

Try it Out



Use what you learned to solve the problems below.

Scenario	Response Write your answer below.
If you hear a loud sound while walking, how do you keep your focus?	
Describe two sounds you expect to hear in a forest versus a city.	
Why might a scientist record the sounds they hear during a walk?	

Show what you learned

Create a project that shows what you learned. Create a visual to explain your listening walk experience. Use Magic Media or Elements to help visualise or record your idea.

- Pick a location for your imaginary walk.
- Choose three sounds you would hear there.
- Add images that represent those sounds.
- Write a short caption explaining why those sounds are interesting.



Reflect on your work

Reflect on the work you have completed so far. Thinking about your process helps you grow as a learner.

How would you describe the difference between 'hearing' a sound and 'listening' to a sound?

[Write your answer here.]

What was the most surprising sound you identified during your practice?

How can you use this mindful strategy when you feel stressed or overwhelmed?

Teaching note



This activity is designed to support students and youth with epilepsy by focusing on grounding techniques and sensory awareness. Mindfulness and controlled environmental observation can serve as effective tools for emotional regulation and focus.