

Sensory activity ideas

Listening walk

A listening walk is just a walk around the house, garden or local area and listening out for all the different sounds that you hear. You may not usually notice the birds singing, the wind blowing or the washing machine spinning

Sometimes its fun to make a big pair of listening ears you can wear on your head while you play.

You can make a list of the sounds you hear and afterwards play a game and see how many you can remember from the list without looking!

