



Outdoors

AGE RANGE:  
3 to 6 years

Episode: What Are the Galapagos? or "The Rematch"

# Charlie's Workshop

## Around My Home: Quiet—Let's Listen!

### Learning Goals

**HEAR** all the fabulous and diverse creatures that live immediately around your own home. (Scientific Discovery, Life Science)

**PRACTICE** being quiet and still. (Family Life and Social Skills)

**CHECK IN** with your body to feel the difference between stillness and action. (Fitness and Nutrition)

### Life Skills

**Being Still:** Resting, even for a short period of time, can help us restore our energy.

### Materials

- Just YOU and your open EARS
- A local park, bench, or community garden



### DIRECTIONS:

1. **TRAVEL.** Go with an adult to a local park or community garden.
2. For 5 minutes, get lots of **ENERGY** out. Run in circles, race around the park, or chase after a soccer ball.
3. **CHECK IN.** After running around for 5 minutes, how do you feel? Is your heart beating slowly or quickly? Are you breathing hard? Is your face red? Where is your breathing on the Big Green Burnerator?
4. **TAKE A REST.** Sit down and get comfortable. Take 5 deep, slow breaths. (If your children find this difficult, ask them to pretend to be blowing bubbles slowly.)
5. **LISTEN.** Close your eyes. Take one minute and listen closely. What sounds do you hear? Any animals? What else do you hear (e.g., traffic, people, wind, fluttering leaves, airplanes, birds)?
6. **CHECK IN.** How does sitting quietly make you feel? Good? Happy? Relaxed? Where are you on the Big Green Burnerator now?
7. **MOVE.** Lets go explore now! Walk around. Can you see any of the animals that you heard with your eyes closed? Can you see the other things that you heard? Look in nearby trees, in the sky, under rocks, in the grass, on plants, even on the sidewalk.



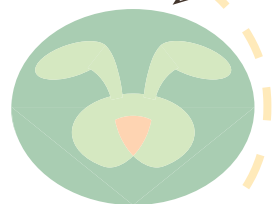
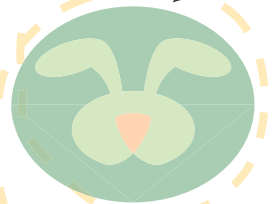
Easy



Medium



Hard





## What's in an Ear?

You hear through your ears. The flappy part of your ear, the part on the outside, catches the sound and directs it inside your ear. Inside, there is a tightly stretched piece of skin called an ear drum. It captures the sound vibrations and passes them on to your inner ear, which tells your brain what you've heard. If the flappy outside part catches the sound, do you think these animals can hear well, or poorly?



Field Mouse



Brown Bat



Jackrabbit

### Try This Amazing Trick:

Cup your hands and put them to your ears. Do you hear more sound now? Now, take them away. Do you hear less? Try this in several places. Do you get different results in different rooms?



### For Parents/Teachers:

Stop, look, listen! Indoors and outdoors, what are the different sounds you hear? Listen, with eyes closed, in many places: the local park, a city bus stop, a school playground, or indoors. This is a great way to get your kids to slow down, even for a couple of minutes, which allows us all to recharge our energy.

