

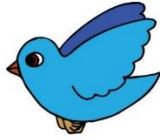


LISTENING WALK:



CAN YOU HEAR

BIRD TWEETING



DOG BARKING



BEE BUZZING



CARS DRIVING



LEAVES RUSTLING



PHONE RINGING



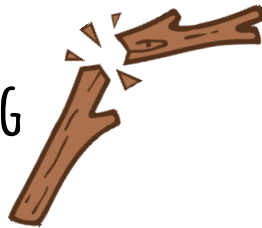
LAUGHTER



WIND



TWIGS SNAPPING



MINDFUL MINUTE: DRAW WHAT YOU HEARD, SMELLED, SAW AND TOUCHED...

MOMENT OF GRATITUDE: WHAT HAVE YOU ENJOYED AND ARE THANKFUL FOR ON OUR WALK?

Thanks!