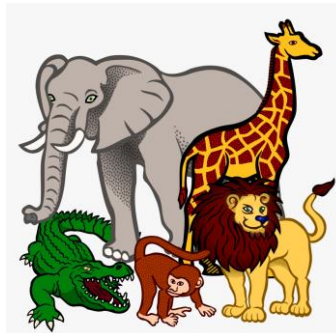


# Facts4Life Activity Mat

## Check In Activity

What animal call are you today?  
Think about how you are feeling at the moment.  
If you were to express this feeling as an animal call, what would it sound like? Maybe you're feeling excited, like a chattering, whooping monkey or cheerful like a chirping songbird!  
Maybe you're feeling calm like a purring cat or strong and confident like a roaring lion! Have a think then make your call. Make it soft and gentle or bold and loud, depending on how you're feeling.



We experience different feelings at different times throughout the day – this is completely normal!

B I T T E R D D N U O S R P D  
P U P M R G A C Y V D E G R L  
F I S C H O M R Y M A K K O A  
L A X X J Q A S J R Y R T T F  
E Q F M O F G G D E Z X C E C  
X A W R A E E R N O I S E C U  
P H H U Q R U V O L U M E T N  
Y A N A L M E Y I F M O T N S  
W F R J B J N N K F Q Y H E X  
M U Z T A C O C N C T J T U G  
W K T O I K K X Y I I A Y A I  
C M R G F C T R G J R T R X O  
E A Z I R R L Y C B V Q S M W  
E F G Q Q O A E I E E I C O C  
R Y H A S A K V S E W X F I N

## Puzzle Time!

- Bitter
- Damage
- Ear drum
- Ear wax
- Inner ear
- Noise
- Particles
- Protect
- Sound
- Sticky
- Vibrates
- Volume



## The Senses - Hearing

Watch this short video and answer the questions below:

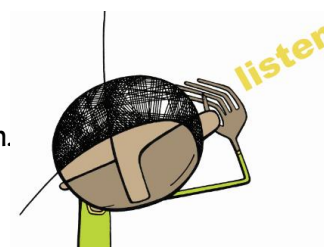
<https://www.youtube.com/watch?v=FW0lF00bldU>

- What is the sticky stuff in your ears called?
- What does it do?
- Why is it important to protect our ears?
- What can we do to help protect our ears?



## Take Notice

Take a slow, deep breath in through the nose and then blow slowly and softly away through your mouth. Listen. What can you hear? See how many different sounds you can collect.



Try this! Listen to this sound file.

<http://learnhappy.org.uk/wp-content/uploads/2021/01/woodland-walk-audio.mp3>

What can you hear? What do you imagine?

For more take notice ideas, see <https://facts4life.org/for-parents-carers/>