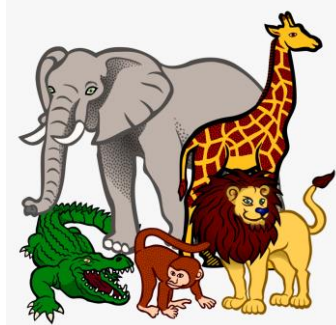


Facts4Life Activity Mat

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!



The Senses - Hearing

Watch this short video and answer the questions below:

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

- What part of the inner ear enables your brain to hear sounds?
- What happens to these when we hear louder sounds?
- Why is it important to protect our ears?
- Explain what happens to how we hear as we get older.

More Facts4Life research:

Find out how your body naturally protects your ears.

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

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

Puzzle Time!

- Brain
- Cochlea hairs
- Damage
- Frequency
- Inner ear
- Message
- Noise
- Protect
- Sound
- Travel
- Volume
- Waves



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/>

