

Listening Walk Checklist

Year 1 – Sound & Silence · Josie Education Program

(Ages 1–2 · Theme: Listening to Life)

Purpose

To help Josie build **attention, vocabulary, and sensory mindfulness** by noticing everyday sounds in her environment.

This activity cultivates patience, curiosity, and empathy through careful listening.

How to Use

1. Choose a short walk — backyard, park, or around the block.
2. Before leaving, say:

“We’re going on a *listening walk*. Let’s use our ears like scientists!”

3. Each time Josie hears a sound, **pause and name it aloud** together.
 4. Help her **check off** or **sticker** the matching box below.
 5. After returning home, talk about which sounds were new or interesting.
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Listening Walk Sound Chart



Sound

Where I Heard It

Loud / Soft

**Feeling
Word**

☐

Bird chirping

☐

Loud ☐

Soft

☐

Dog barking

☐

Loud ☐

Soft

☐

Wind in trees

☐

Loud ☐

Soft

☐

Water flowing

☐

Loud ☐

Soft

☐

Car or truck

☐

Loud ☐

Soft

☐

Footsteps

☐

Loud ☐

Soft

☐

Voices or
laughter

☐

Loud ☐

Soft

☐

Music playing

☐

Loud ☐

Soft

☐

Insects buzzing

☐

Loud ☐

Soft

☐

Silence

☐

Loud ☐

Soft



Reflection Questions

- “Which sound did you hear first?”
- “Which sound was far away?”

- “Was there a sound you didn’t like?”
- “What was your favorite sound?”
- “What did silence feel like?”

Write a few of Josie’s answers on the back or in your **Weekly Learning Log**.

Optional Extension

After the walk, draw a simple **map of where each sound came from** — a mini version of the Sound Map activity.

Or, make a “*Sound Jar*” by recording short clips on your phone and replaying them later to identify the source.

Learning Domains

Domain	Skill Developed
Science	Observation, auditory discrimination, data collection
Language Arts	Descriptive vocabulary, categorization
Math	Counting and comparing sounds
Physical Education	Walking and spatial orientation
Empathy / SEL	Patience, shared focus, emotional association

Parent Notes

- Keep it short — 10–15 minutes is ideal at this age.

- Avoid busy roads; focus on nature or neighborhood calm.
- Repeat monthly to notice how seasonal sounds change.
- Date and store the checklist or a photo of Josie on the walk in her portfolio.