

# Listening Walk Checklist

**Year 1 – Sound & Silence · Josie Education Program**

(Ages 1–2 · Theme: Listening to Life)

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## 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.

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## 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

<input checked="" type="checkbox"/>	Sound	Where I Heard It	Loud / Soft	Feeling Word
<input type="checkbox"/>	Bird chirping		<input type="checkbox"/> Loud <input type="checkbox"/> Soft	
<input type="checkbox"/>	Dog barking		<input type="checkbox"/> Loud <input type="checkbox"/> Soft	
<input type="checkbox"/>	Wind in trees		<input type="checkbox"/> Loud <input type="checkbox"/> Soft	
<input type="checkbox"/>	Water flowing		<input type="checkbox"/> Loud <input type="checkbox"/> Soft	
<input type="checkbox"/>	Car or truck		<input type="checkbox"/> Loud <input type="checkbox"/> Soft	
<input type="checkbox"/>	Footsteps		<input type="checkbox"/> Loud <input type="checkbox"/> Soft	
<input type="checkbox"/>	Voices or laughter		<input type="checkbox"/> Loud <input type="checkbox"/> Soft	
<input type="checkbox"/>	Music playing		<input type="checkbox"/> Loud <input type="checkbox"/> Soft	
<input type="checkbox"/>	Insects buzzing		<input type="checkbox"/> Loud <input type="checkbox"/> Soft	
<input type="checkbox"/>	Silence		<input type="checkbox"/> Loud <input type="checkbox"/> Soft	

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## 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**.

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### **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.

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### **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

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### **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.