**Listen to obtain information relating to more than one option/ Demonstrate a relaxation technique**

Find a calm spot in your house or garden with a pencil and this worksheet. Sit down comfortably and listen for 5 minutes. You should not speak during these 5 minutes. Just be calm and relax as you listen to the sounds around you.

When you hear a sound, tick it on the worksheet. If you hear other sounds, you can add them to the end of the table.

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| --- | --- |
| **Example of a sound** | **Tick each time you hear this sound** |
| Birds singing  |  |
| People’s voices |  |
| Cars/ vehicles  |  |
| Dogs barking  |  |
| A hoover  |  |
| A phone  |  |
| A bee buzzing  |  |
| A child crying |  |
| Someone coughing (we hope it is into their elbow!) |  |
| A helicopter  |  |
| The wind |  |
| A kettle boiling  |  |
| The radio  |  |
| Leaves rustling  |  |
| Someone sneezing (into their elbow hopefully?) |  |
| Raindrops |  |
| A motor bike  |  |
| Someone singing  |  |
| Music |  |
| A dripping tap  |  |
| A bus |  |
| Someone shouting  |  |
|  |  |
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|   |  |

What sound was most common? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What sounds were most relaxing for you to listen to? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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