

Look 👁👁 and 👂 Listen

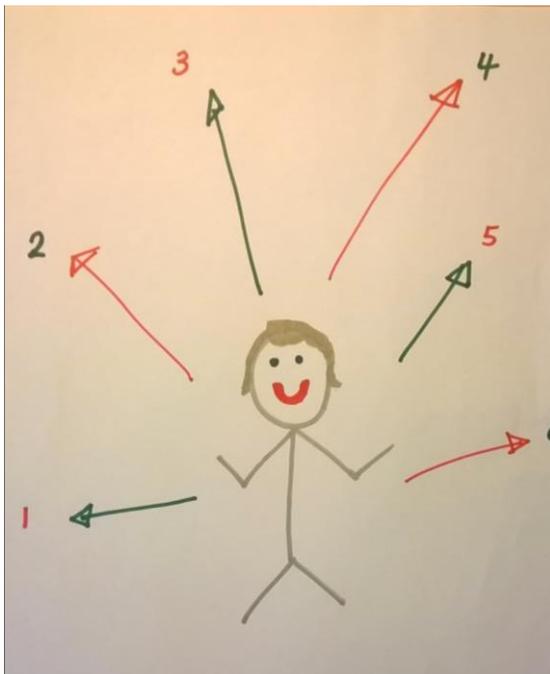
Sit in your garden or look out your window. Record a sighting of a living creature. You could describe it, in detail, writing in your [journal](#). Where was it? What did it do? What did you think of it?

Next, sit quietly in your garden or your bedroom.

Close your eyes.

Listen.

In your journal, draw yourself in the centre of a page.



Then draw arrows and detail what you hear coming from different points all around you.

For example:

1. Next door's dog, Molly, barking.
2. A truck revving its engine.
3. Spots of rain tapping on the greenhouse.
4. The cat coming through the hedge.

5. A pigeon flapping its wings.

6. Mum, calling me in for lunch.

Have fun!