



**Norfolk**  
County Council

# Outdoors



**NHS**



**When you are outside,  
listen for different sounds.**

**Can you hear cars?**

**Can you hear birds?**

**What's that sound?**



**Talk  
& Play**

*all through the day*

## For older children

Play I spy the traditional way by asking them to find something that begins with a certain sound. Use sounds, not letters – something beginning with 'sss', not 'ess'.

## For younger children

Use descriptions, e.g.

'I spy with my little eye something that is red' or  
'I spy with my little eye something that you could play on'.



## Go on a treasure hunt in the garden or on a walk

- Before you go out, draw a list of things to find – e.g. a leaf, a stone, a flower.
- You could also find things by description, for example, something that is green, something that is spikey – try to add pictures to match each object they need to find.



## Play Simon Says

A fun game for following instructions and promoting attention and listening.

- Simon Says; find a leaf (vocabulary),
- Find a ball and a put it on your head (following more than one bit of information),
- Jump (action)
- Run fast (action and description),
- Find something green (finding things by description)