

Hey there, Explorer! Can you play this noisy bingo game where you live, or perhaps even at a place you can visit safely during Lockdown?

Cut out the sounds, shuffle them face down, count out five sounds to listen out for. When you've heard one of your sounds, wave and say 'Hello!' to it and give the sound card back to your grown-up e.g 'Hello, wind in the trees!'

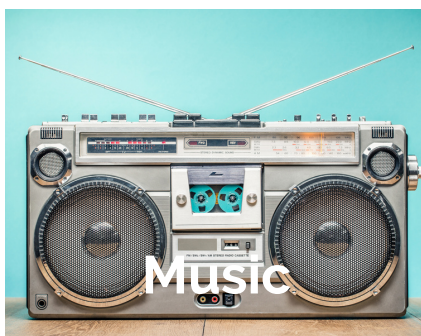
When you have found all your sounds, shout out 'Bingo!' and have a great big high five!

Sometimes closing your eyes can help your listening. You may also like to use ear defenders. If a sound feels scary, take a deep breath, blow the sound away with a long, low, slow breath - like blowing a bubble - and say: this little rhyme:

Sound, sound, you can't scare me.

I can blow you away with a one, two, three!

Urban Edition



Rural Edition



Birds singing



Wind in trees



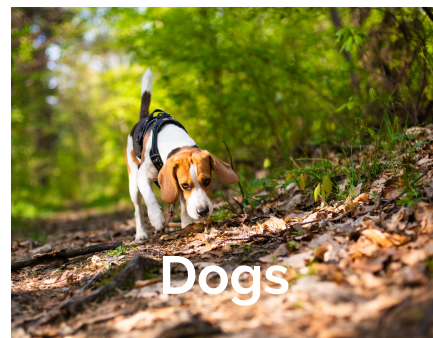
Machinery



Twigs snapping



Water splashing



Dogs



Gate closing



Animals



People

Top Tips

- If you have special sounds that are particular to where you live, add your own cards to your noisy bingo game.
- If a sound surprises your child or is too noisy for them, model ways to manage this by using the breathing and rhyme above as well as covering your ears, moving away, etc. Talk through how you were surprised and found it too loud, how you felt the sound in your body, and how you feel now the sound has gone. Model how it feels to get through the experience and tell your child that they are safe and that you managed it together. Add in hugs and cuddles for relief and thanks.
- If a sound can't be found, then think about how you could make it happen: could you make a bird noise, splash in a puddle, press the crossing button, etc?