



MINDFUL LISTENING ACTIVITY

Did you know that porcupines do not have good eyesight, BUT they have excellent listening skills?

They go out in the darkness of the night to forage for food alone, and therefore need to make sure they listen very carefully, so that they don't stumble upon any trouble! AND... Their ears look like HUMAN ears too!



1. _____



1. _____

NEAR



FAR



2. _____



2. _____

INSTRUCTIONS:

So, just like a **Noko The Knight®**, let's put on our porcupine ears and focus, so that we can be aware of the sounds that surround us.

What do you hear closeby?

What do you hear far away?

Write what you observe next to each ear on this page.



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Draw what you observe on this page.

NEAR

FAR
