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ACTIVITY INSPIRATION GUIDE

SILENCE IS GOLDEN

SUBJECT: PSHE

TOPIC: Health

Too often children and young people don't have time to be really quiet. These activities will help them focus their thoughts and ideas, and really appreciate time to be silent. Here are three activities based around silence – three ways children and young people can take a break from the hustle and bustle of everyday life and find space and time to be calm and mindful.

Silent listening

This is a good opening activity to taking time to be silent as it focuses on listening rather than on the activity of being silent.

- Each child has a blank piece of card - about the size of a post card works well. They will also need a pencil and something to sit on if the ground is damp.
- They find a space outside – making sure they are a distance away from everyone else so that they don't disturb each other. At the centre of the card they write their name, their initials or draw a very small picture of themselves.
- They sit quietly and listen.
- When they hear something, they record it on their card. They should make up their own notation or mark to represent the sound and place it on the card in relation to where they are – so if it is in front of them it will be in front of them on the card. The scale of the drawing should reflect the volume of the sound.
- From this you can find out what sounds you hear across your site and where the quietest place might be.



Weblinks

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Silent walk

For this activity, all each person will need is something to sit on in case the ground is damp.

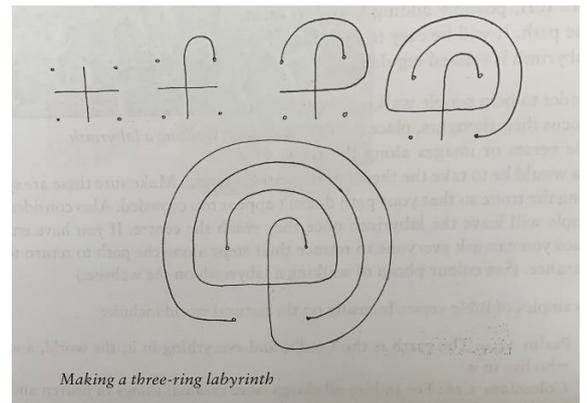
- Everyone walks out together and, in turn, pupils are dropped off on the way. They sit where they are and stay quiet until the teacher comes round and picks them up in the same order they were dropped off.
- The first time you do this it might be quite short between the dropping off and picking up – but after a while you should try and extend this time of quiet.
- Ask them to think about how they felt when sitting in silence. Do they feel calm, happy, worried, secure, peaceful, sad etc.?



Labyrinth

For many centuries, labyrinths have been used to help people contemplate their lives. In school you could lay out a temporary labyrinth or create something that will last longer. The simplest labyrinth has just three rings, but you can make one bigger and longer if you like.

- You can mark it out on the playground, may using chalk or rope, or on the field – again with rope or pebbles. Just make sure the grounds staff know!
- Set out pictures, or phrases, or quotes from books at different points along the way so that those walking the labyrinth have something to think about on their journey to the centre.
- You can do this in silence or have some music played in the background.



Weblinks

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PSHE/ Health and Wellbeing curriculum links

- Being aware of feelings and being able to express them
- Understanding that feelings can change
- Understanding the importance of mental wellbeing
- Learning skills and strategies to help support challenging times
- Building confidence and resilience

Top Tips

- Start with short times of silence or quiet first, don't expect pupils to be able to be quiet for long periods straight away.
- Introduce specific ideas, images, or feelings that they can focus on as you introduce this type of activity. As pupils get used to being quiet, they can let their minds wonder more.
- Talk with them before and afterwards about what they are doing.
- Remember there are no right or wrong answers to your questions in this type of activity.
- Being outside can provide a calmer setting for this type of activity than sitting in a classroom.



Weblinks

tli.org.uk youngtreechampions.org treecouncil.org.uk

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