



Adventure Kit

for “The Little Mouse Who Listened”

A quiet invitation to wonder — for little ones and their grown-ups

Pip the mouse sits among the roots of an old oak tree, listening to the forest around him. A squirrel named Haz nearby, looking lost but hopeful. Colour the leaves green, the tree brown, and the sky a soft golden light. Imagine the quiet moment before the sound returns.



A Listening Walk

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- *Go for a short walk — even just to the end of the garden or down the hallway. Close your eyes for a few moments and listen.*
 - *What do you hear?*
 - *A bird? A car? A distant voice? The hum of a fridge?*
 - *Draw or write down three sounds you notice. They do not have to be big — just real.*

A Question to Wonder About

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- *When has someone really listened to you — and how did it make you feel?”*
 - Let your thoughts wander — there is no wrong answer.

Certificate

Name: _____

Date: _____

I know that sometimes the smallest presence holds the most attention. And attention, when held gently, can guide us home.

For Grown-ups

- This Adventure Kit is about noticing and listening — not about being loud or solving problems. It invites children to tune in to the world around them and to feel the power of quiet attention.
- All activities are designed for safe, familiar environments.

