

# The Quiet of Snow

Did you know that the world really is more quiet in the snow? Snow is an insulator, which not only insulates temperature, but it also absorbs sound waves which dampen noise.



**Lamoille County Conservation District**

# Mindfulness Activity

Choose a habitat of the nature center (Forest, Meadow or Pond). Choose a spot that speaks to you, surrounded by snow.

Laying in the snow, close your eyes and listen. Can you hear snow falling? Is it from the sky or off of trees? Are there birds calling? Can you hear the wind?

Open your eyes. Does the snow sparkle? What is the closest sparkle you can see?

The farthest? Can you see individual snowflakes? What shape are they? What is the same about this location from your last visit? What is different?