

SOUND MAPPING

Take some time out of your day to stop,
listen and connect with nature



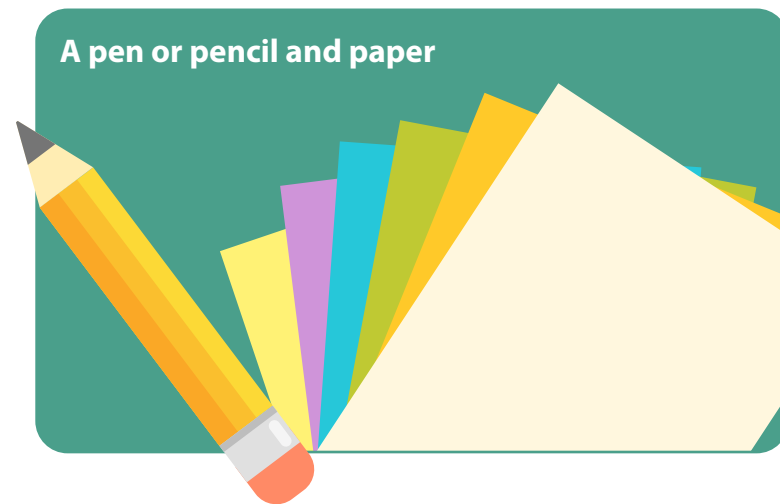
Takes: 15 mins

Where? Indoors/in garden

Who? Individual or as a family

You will need:

A pen or pencil and paper



Safety

Children should be directly supervised if doing this activity near an open window.

Share what you find with us at
#outdoorcentresathome

How to do Sound Mapping

- 1 Grab a piece of paper and a pen/pencil
- 2 Find an area either by a window or if you have a garden, an area of your garden
- 3 To start, in the centre of the page draw a small drawing of yourself
- 4 Sit on your own and stay silent for 10-15 minutes
- 5 While you stay silent, listen out for anything you hear, both natural and un-natural
- 6 When you hear something, draw it on your sound map, in relation to where you are on the piece of paper, for example leaves rustling or a car driving past
- 7 Allow 10-15 minutes to listen, then review your sound map. You might choose to colour it in.

www.hants.gov.uk/outdoors

Review and Reflection

Sound mapping is a wonderful opportunity to sit and listen to nature and the world around us. It gives us a sense of mindfulness and there is no limit to the amount of times we can take part in the task as you will get a different result.

Here are some questions to help you reflect on this activity. We use this kind of reflective exercise to get the most out of the activities at our centres.

Did you hear as much as you thought you would?

Was there something that you weren't sure about?

Find out which bird you heard (www.rspb.org.uk/birds-and-wildlife/wildlife-guides/identify-a-bird or www.birdaware.org)

Did you notice anything unusual?

If you were doing it with others, did other people hear the same things as you?

How did it feel to sit silently for that amount of time?

Why not share finished maps on social media