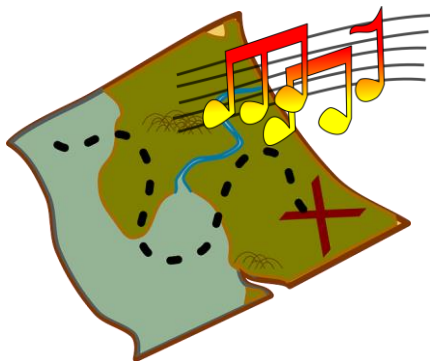


# Sound mapping

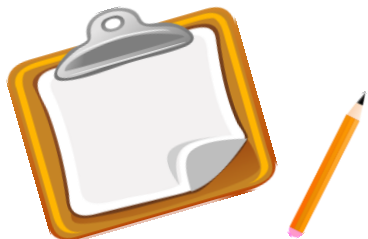


Pg 1

## Materials you'll need

This is a great activity to help you to relax and take notice of what is around you.

- A blank piece of paper
- A pencil
- Something to lean on like a book or clipboard.

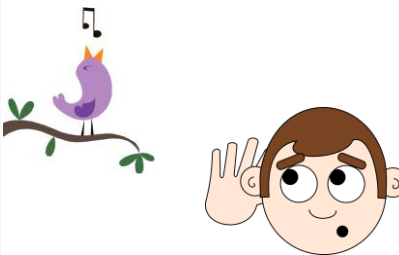


Pg 2

## What do I do with them?

Over the page you'll see a circle, imagine this is you sitting outside and the circle is your head.

Lines are drawn from the circle in the middle to each corner. These are for you to draw what you hear in the direction that you hear it.



Pg 3

Sit back and listen!



Now for the hard part!  
Find a quiet place to sit, then draw or write on your sound map what you hear and where you hear it. Is it in front of you, behind you, to your right or left?  
Try sitting quiet and listening for sounds for 2 minutes, can you do it for longer and do you hear more things? You can do this activity in a garden or in your room with a window open. Record what you hear on the tables once you have finished your map, did your family hear the same thing?

Pg 4

Take note of what you heard in 2 minutes

What did you hear?	How many times
Example: bird calling	

Pg 5

Take note of what you heard in 5 minutes

What did you hear?	How many times

Pg 6

Take note of what you heard in 10 minutes

What did you hear?	How many times

Pg 7

We hope you have enjoyed this activity.

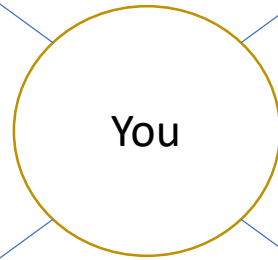
Try our other activity sheets and connect with nature. Each one is easy to print and create in your own home.

You can share your story on our Facebook page:  
Cumbernauld Living Landscape and follow our series at [cumbernauldlivinglandscape.org](http://cumbernauldlivinglandscape.org)



Pg 8

In front of you



You

Right

Behind you

Left