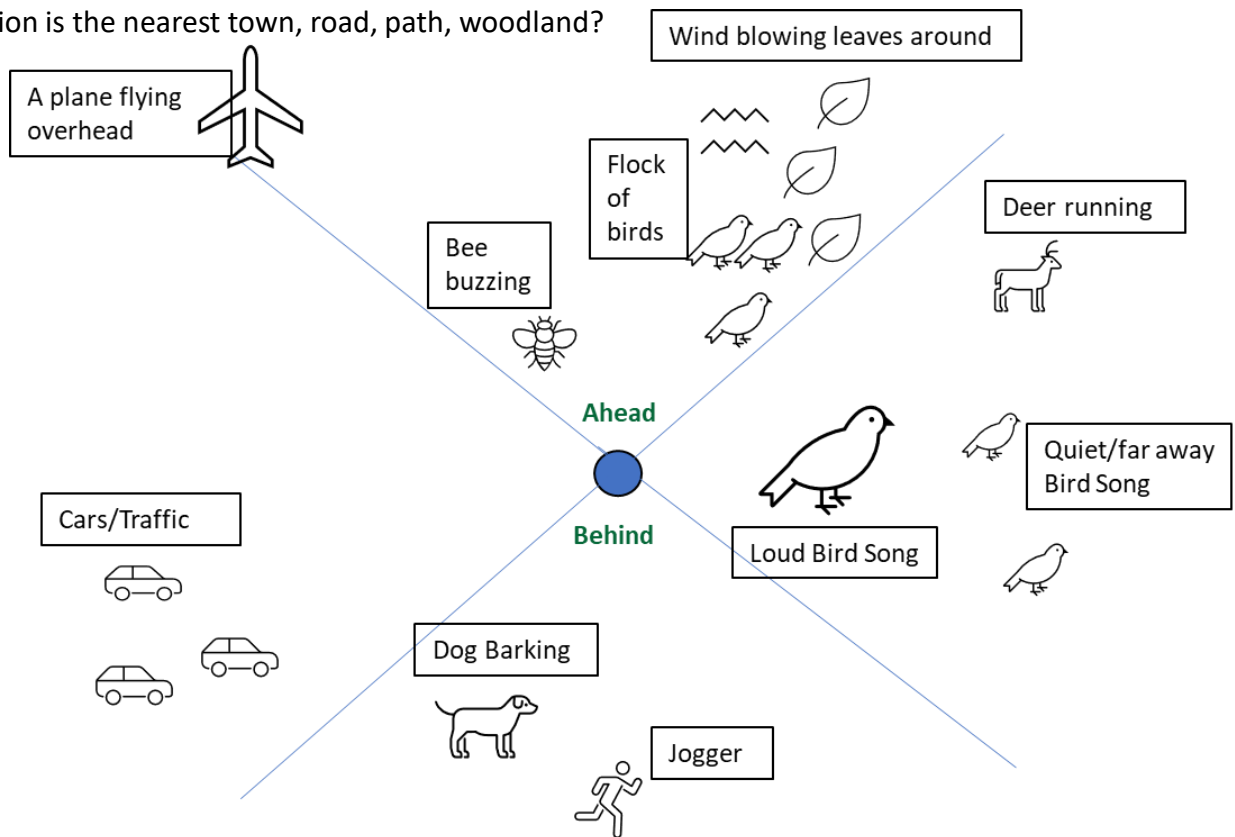


# Sound Mapping

Find a quiet spot to sit for a few minutes, close your eyes, open your ears and tune your senses into your surroundings. Draw a small circle in the middle of a blank sheet of paper and imagine this is your head viewed from above. Split the sheet into four to represent ahead, behind and to your sides.

Now mark on the paper all the sounds you hear and the direction they come from, showing where they come from in relation to you and how far away they are. You could draw pictures, write words, whatever you like.

Really listen to what is going on around you, try to spend at least five minutes just listening. As time passes you should find you notice more and more sounds. What can you tell from the map you made? What direction is the nearest town, road, path, woodland?



If you'd like to share your sound map why not post it on our social media pages? We're on twitter as **@WildCumbernauld** and Facebook as **Cumbernauld Living Landscape**

