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ACTIVITY 4: Sound Mapping

CHALLENGE

Do you hear what I hear? Make a sound map while sitting outdoors and tuning into your sense of sound. This activity will also help you to feel calm and focused.

MATERIALS

- A pencil or pen
- A blank piece of paper
- Something hard to write on, like a journal or clipboard

EXPLORE

How can you tune in to your sense of hearing to notice what things make noises in your environment?

MAKE IT HAPPEN

1. Find a comfortable spot to sit outdoors.
2. Mark an "X" in the center of the paper. This shows YOU on the map.
3. Close your eyes and listen for at least one minute. Listen for sounds from animals, birds, people and other activities.
4. Keep listening, but now draw pictures or symbols on the map representing all the sounds you hear, and where they are coming from.
5. At the top of your page, write down the date, time and where you were (backyard, balcony, nearby nature, etc.)

SHARE

Share your sound map with other family members who did the sound map in the same location or you can share it with your teacher and classmates too.

REFLECT

- What Did You Notice?
- Did you hear something from each direction around you?
- Could you hear at least 10 different sounds?
- Could you identify all the sounds you heard?
- What is the quietest place near or in your home? How far would you have to go to find no human-made noises?

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ADAPT (EXTEND)

If you have any challenges with your sense of hearing, this activity could easily focus on your sense of site. In this case, you could sit still in one spot and make observations around you for a minute focussing on what living things you see in all directions around you.

To Extend this activity, here are some things to think about:

- What would happen if you sat somewhere else?
- What would be different at another time of day? Another season?

Resource: Sound Mapping Activity, Get Outdoors Manual, p. 45