



## Nature Connection Activity: Sound Mapping

### What is Sound Mapping and why do we do it?

Sound mapping is a way to slow down, connect with and focus on your surroundings. When you stop to listen you'll probably notice a lot more around you.

When we connect with our surroundings, it can help us to feel calmer. We will also notice more nature around us and some people say that it helps their wellbeing,

### How to sound Map.

#### You will need:

A pen



Cardboard / something sturdy to write on

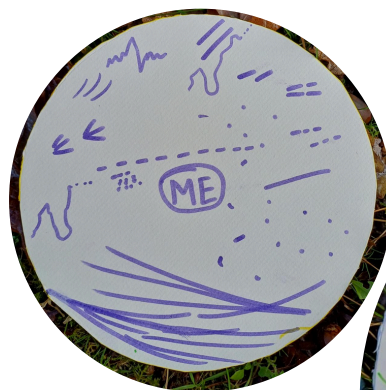


You can sound map anywhere at anytime. You might want to think of spaces you can hear nature such as:



- A park
- Woodland
- Your Garden
- By the Window
- A bench on a walk

1. When your sat or stood comfortably draw yourself in the middle of the map.
2. Record the sounds around you.
3. Start with listening for five minutes but aim to build this up over time.



People record sounds in different ways. You might draw pictures, write words or make marks that remind you of the sounds. Have a look at the examples on the right.

